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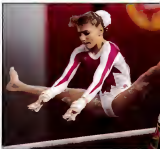
USA GYMNASTICS

JULY/AUGUST 1993  
VOLUME 22, #4

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# WORLD CHAMPIONSHIPS

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(above) **Dominique Dawes** and her coach, **Kelli Hill**

# 21

## WORLD GYMNASTICS CHAMPIONSHIPS

Birmingham, England was the site of the 1993 World Gymnastics Championships. Shannon Miller became the only American gymnast to win three gold medals, including the all-around, during this event.

COVER PHOTO • USA GYMNASTICS BY DAVE BLACK

USA GYMNASTICS (ISSN 0734-0083) is published bimonthly for \$1 per year in the U.S., all other countries \$12 per year. USA GYMNASTICS is published by USA Gymnastics, One American Place, 204 S. Capitol Ave., Suite 300, Indianapolis, IN 46204. (317) 225-1000. Second-class postage paid at Indianapolis, IN 46204. POSTMASTER: Send address changes to USA GYMNASTICS, 204 S. Capitol Ave., Suite 300, Indianapolis, IN 46204. USA Gymnastics, ISSN 0734-0083. POSTMASTER: Send address changes to USA GYMNASTICS, 204 S. Capitol Ave., Suite 300, Indianapolis, IN 46204.

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### DEPARTMENTS

6

EDITORIAL

8

ASK MARY LOU

9

BODY BALANCE

11

OPEN FLOOR

13

NCAA RESULTS

18

CONGRESS

20

EVENT SCHEDULE

24

POSTER

29

HEIDI HORNBECK

30

PLACES IN THE GYM

32

EVENT RESULTS

37

CHALK TALK

38

GYM UPDATE

41

CLASSIFIED



# 7

(left) **Yamara Levinson**

## COCA-COLA RHYTHMIC NATIONAL CHAMPIONSHIPS

At the Olympic Training Center in Colorado Springs, the finest rhythmic gymnasts proved their supremacy during the 1993 Coca-Cola Rhythmic National Championships.



(above) **Shannon Miller**

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**RHYTHMIC NATIONAL**  
C H A M P I O N S H I P S

**by Terry Egan**

The stage was the Olympic Training Center in Colorado Springs; the performers were the finest rhythmic gymnasts in the United States and the occasion was the 1993 Coca-Cola Rhythmic National Championships. Those three powerful ingredients mixed to make this competition one of the best ever held. In addition, it was the 20th anniversary of the Rhythmic Championships in the USA. Three days of intense competition led to the selection of the 1993 Junior and Senior Rhythmic National

rooms and spotlighted what many felt were the strongest, most beautiful rhythmic gymnasts yet produced in our country.

Preceded by two days of practice, the meet began on June 9th. It brought together 25 juniors and 31 seniors from 21 different clubs. Tension was high, as only 15 seniors and 12 juniors would advance to all-around finals the following day. The senior preliminaries ended with five top gymnasts separated by only .70 tenths of a point. These gymnasts proved their superiority as they distanced the rest of the field by a margin of 1.20 points, a

document near 31.



**Shore Series National Team**  
**Boat: Junior National Team**

## 1993 COCA-COLA RHYTHMIC NATIONAL CHAMPIONSHIPS RESULTS

**Keywords:** child sexual abuse; disclosure; self-blame; social support

# USA GYMNASTICS NATIONAL COLLEGIATE CHAMPIONSHIPS

**S**pringfield College captured its third consecutive USA Gymnastics Men's Collegiate National Championships title with 259.85 points at Springfield College on April 9. Southern Connecticut was scored with 251.45 and Wisconsin-Delaware third at 250.85.

Springfield junior Carl Frei of Mohrton, Pa., captured the all-around title with 53.25 points, while Springfield's

Kath LaChance of Northboro, Mass., was second at 53:00. Wes Rabey of Wisconsin-Oshkosh and Matt Curley of Cornell tied for third with 52:30.

In the men's club division, University of Washington won the team crown with 280.40 followed by the University of Texas and Cal Poly-SLO. Mike Williams of the University of Washington captured the all-around honors with 58.05 points.

followed by Texas' Robert Kautler (54.05) and Washington's Mark Oliver (82.00).

Springfield's Steve Posner was awarded 'Coach of the Year' honors for the second consecutive year.

Texas Woman's University capped its best season ever by capturing the women's title with 188-975. California-Davis was second with 186-850 followed by Seattle Pacific at 185-878.

JD Hestie of California-Davis captured the women's all-around title with 38.10. Co-defending champion Krithi Craddock of Seattle Pacific was second with 38.0 while Laura Servadei of Texas Woman's University and Jolie Vaitulevicius of Centenary tied for third with 37.90.

Kudrac was awarded "Coach of the Year."

More event results are featured on page B11.

Dear Mary Lou,  
I'm 11 years old and a Level 7. My bar routine is really bad. I'm afraid that my hands will slip off the bar anytime. How can I improve that?

Megan Falpin  
Galesburg, Illinois

Dear Megan,  
The answer here is an apparatus that takes an unbelievable amount of upper body strength. Make sure you really concentrate when you're doing your conditioning at the end of practice. This will, in time, make you a stronger and much better bar climber. You didn't say if you wear hand grips. If you don't, try them out during practice. They may make you feel more secure. If you do wear them, try bars without them. You may feel the bar better. Only you can decide what feels best for you.



Send your questions to: USA Gymnastics, Attn: Mary Lou Retton, 1000 Olympic Plaza, Suite 100, Indianapolis, Indiana 46202

Dear Mary Lou,  
In what ways did your life change after the 1984 Olympic Games?

Amber Rapp  
Gahanna, Ohio

Dear Amber,  
My life turned upside down after the Olympics (pardon the gymnastics pun). The hardest thing for me to get used to was everyone recognizing me. Not just the people

involved in gymnastics but the entire nation. I was also asked to do all kinds of appearances, speeches and commercials. I was able to meet a lot of famous people (the President of the United States, movie stars, other sports stars, etc.) I owe a whole lot to gymnastics. My life is wonderful and I thank God every night for what He has given me.

Dear Mary Lou,  
I am 10 and going to be a Level 7 next year. I am afraid of a back handspring on the beam. I will usually do it with a coach spotting me but not by myself. My coach tells me it's by myself but I still won't do it. What can you suggest for me to get over my fear?

Amber Goodwin  
Dayton, Ohio

Dear Amber,  
Go back down to the low beam. You are obviously lacking the confidence to perform the back handspring on the high beam. Do the skill on the low beam over and over and when you feel ready to take it to the high beam, start the mats under it. Slowly remove the mats one at a time. That's what I did when I was afraid of doing a skill. Trust me, it works. Good Luck!



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Summer means sweaty exercise. As an athlete, you undoubtedly know the importance of replacing sweat losses, but you may have questions about the best way to keep your cool. The following *True/false Quiz* is designed to test your knowledge about fluid replacement and help you survive the heat in good health and with high energy.

**True (but not by a large margin)**  
Although sipping cold fluids during exercise can keep your body temperature slightly lower than drinking warmer fluids, the difference is small. The more important concern is whether or not you drink enough fluid. Any fluid at any temperature is better than no fluid at all. In studies that compared the physiological effects of different temperatures of fluids, the subjects usually reported they felt more bloated with cold water but they got accustomed to it during training.

**False** Drinking a quart of water pre-exercise is less effective than drinking an equal volume while exercising. Researchers aren't sure why, but they recommend the optimal approach: tank-up beforehand plus drink enough to match your sweat losses during long, strenuous exercise. To determine your target fluid intake, you should weigh yourself before and after a workout and then have lost one

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  - \_\_\_\_\_ More information about diets and handouts
- More ingredients sold 25¢ apiece (see Price schedule on page 100 and back)

### References

Final \_\_\_\_\_

Case \_\_\_\_\_

Date \_\_\_\_\_ Page \_\_\_\_\_

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poured in one hour, you've lost one pint (two cups) of sweat, and should plan to drink accordingly, 16- to 18 ounces every half hour. (Med. Sci. Sports Exerc. May 1994, April 1993)

**TRUE OR FALSE: SODA IS A POOR CHOICE DURING EXERCISE BECAUSE THE CO<sub>2</sub> IN THE BUBBLES WILL HURT PERFORMANCE.**

**False.** Historically, athletes were always warned to "de-flate" carbonated beverages taken during exercise, in fear the carbonation would interfere with oxygen transport and heart performance. New studies comparing carbonated vs. non-carbonated soft drinks show no deleterious effect of the carbonation on either performance or stomach comfort. (Int. J. Sports Nutr. 2:226, 1992.)

**TRUE OR FALSE: AFTER EXERCISE, A DIET COLA WILL REPLACE SWEAT LOSSES AS WELL AS PLAIN WATER.**

**False.** Research showed that athletes who drank diet cola equal in volume to sweat losses replaced only half of their sweat losses, as compared to two thirds with water or a sports drink. The caffeine in the cola has a diuretic effect that stimulates greater urine formation (i.e., if you urinate more compared to the sports drink) and causes valuable fluids to get flushed down the toilet. To rapidly replace sweat losses, choose sports drinks; their electrolyte content helps them replace sweat losses the fastest—even faster than water. (Int. J. Sports Med. 13 (3) 299, 1992.)

**TRUE OR FALSE: GIVEN THE SAME EXERCISE LOAD, ATHLETES SWEAT LESS THAN UNFIT PEOPLE.**

**False.** Athletes actually sweat more than unfit people because they have adapted to cooling themselves more efficiently. If you are physically fit, you will sweat sooner after the start of exercise. Your sweat glands will respond quicker, plus you

have larger sweat glands. Your sweat will be less salty than the person who is unaccustomed to his sweat after exercise, because your body has adapted to conserving sodium. (Int. J. Sports Med. April 1993.)

**TRUE OR FALSE: DON'T BOTHER TO DRINK DURING EXERCISE THAT LASTS LESS THAN AN HOUR BECAUSE THE FLUID HAS TOO LITTLE TIME TO GET INTO YOUR SYSTEM.**

**False.** According to Dr. Larry Armstrong, exercise physiologist at the University of Connecticut, water can travel from stomach to skin in only nine to 15 minutes after drinking. This water is essential for dissipating the 15 to 20 times more heat produced during exercise than at rest. If you become dehydrated and lack enough body fluids for sweating, you can seriously endanger your health. To keep your cool, always drink during hot, strenuous exercise.

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—Bela Karolyi

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**"But I don't understand! Six months ago I was scoring 9.2 on bars and beam, and now I can't get higher than an 8.5! What's going on?"**

**T**his situation is possibly the most confusing to beginner gymnasts and their parents. The situation is, of course, the switch from competing compulsories to competing optionals. It is

Program all start from a 10.0 value. Deductions in form, amplitude and incorrect positions and/or movement from the start (the "directions") are taken by the officials in the evaluation of the routine. The score is a result of the deductions taken from a 10.0 "start" score, with which everyone begins. The fewer mistakes made, the better the score. Simple, right?

The "start" score for an optional routine is determined on an entirely different manner. The value of the routine is determined by the difficulty the gymnast performs in the routine. There

value of 8.5. That is a decent drop from a 10.0! At this point it is obvious a gymnast isn't going to get that 9.5 she received as a Level 6 gymnast. An optional score of 8.0 would be the equivalent of a 9.5 as a compulsory score. The other events are even more complicated, since a gymnast has to "earn" difficulty for the routine.

Ah, now you're getting the picture. Pretty complicated, isn't it? Optionals are a completely different aspect of the sport. Compulsories are extremely important since they provide a format to learn basics properly, and provide a

elements, requiring only a minimum of 50 degrees or about two-thirds of the handstand.

Now, as a compulsory exercise, the dismounts are for execution, so let's say the gymnast achieves 50 degrees on her cast. So she'll lose only a tenth there. As a Level 6, a gymnast doesn't get the "B" credit for the skill! If that skill is one of the four "B" skills that she needs for her difficulty, it's the equivalent of a four-tenth deduction. A gymnast can do a very nice routine but if she misses two "B" skills by errors in execution, she's lost eight-tenths already.

There are also different "event requirements." If they are missing, it results in additional 0.1-0.2 deduction for each missing requirement. Sometimes, it is a good strategy to "leave out" some requirements in order to perform a cleaner routine. As an example, let's take the dismount requirement, which should be at least a "D" level skill. If the "B" dismount you are working is done poorly on you tell, you could lose much more than if you omitted it and did an "A" dismount perfectly!

Additionally, up to four bonus tenths may be awarded for exceptional difficulty and combinations. These bonus tenths may not be earned at the beginner/optional level, so the highest start value on bars, beam and floor will be a 9.6! Not until Level 9 and 10 are the gymnasts able to earn bonus points and strive for a 10 start score.

(See page 32 for Gearing Up)

## HEY, WHY AM I SCORING SO LOW NOW?

By John Wojtowicz

often confusing and very discouraging unless all involved have an understanding of the difference between how compulsory and optional routines are designed and judged. It is important that the athletes and parents understand these differences prior to the first competition, rather than experiencing a "wake up call" to the world of optionals.

First, it must be understood that the compulsories provide a competitive format for the gymnast to learn proper basics and be exposed to competition, where she can see success through her improvement in performing the compulsory routines. The compulsories for the Women's Junior Olympic

are also "special requirements" on each event that need to be satisfied. A judge watches a routine, writing it down in shorthand. She (he) then goes back and figures out the difficulty and requirements that was met in the routine.

So, in effect, an optional gymnast starts from a zero when she steps up to the apparatus, and then has to "build" her routine and starting score. At the end of the routine, deductions for execution and amplitude are taken from this start score to arrive at the final score for the routine as performed.

A handspring vault is worth a 10.0 at Levels 5, 6, and 7. But a look in the FIG Code of Points shows an optional

solid foundation to learn more advanced and difficult skills for the optional routines. So, don't get too upset over your scores. As your skills improve, so will your scores.

At level 8 (which is the "old" Level 7-CL), a gymnast will be required to show four "B" elements and four "A" elements in her routine.

Now, let's see how this works, using uneven bars as the example. In the Level 7 Compulsory, there are only two elements that are listed in the FIG Code as "B" elements, a handstand, if performed with a straight body cast and a clear leg circle. In this compulsory exercise, the gymnast is not required to go to handstand, therefore, those elements are described as "A"

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STANFORD  
STEALS THE  
SHOW

By Jim Shelton  
University of New Mexico  
Sports Information

Minnesota senior John Roethlisberger and the Stanford Cardinal staged repeat performances of last year's NCAA Men's Gymnastics Championships as each defended their respective titles in Albuquerque, N.M., on April 16-17.

Roethlisberger won his third consecutive NCAA Championships all-around title with a score of 98.075, making him one of three gymnasts to ever accomplish this feat. The two other athletes are Illinois' Jon Gardembado (1988-1989) and Stanford's Steve Hagg (1992-1994). In addition, Roethlisberger won the pommel horse (9.5), finished third on the horizontal bar (9.0), and tied for fourth on the parallel bars (8.7) thus giving him four All-American honors from the meet.

"I wanted people to remember what I did at Minnesota and now I think they will. Competing for Minnesota will always be a highlight of my life," said Roethlisberger.

Stanford defended its title as NCAA champions by taking advantage of a more favorable scoring system on the second day to out-gun Nebraska 276.5275.

"Nebraska was underhyped all season, until tonight," said Stanford head coach Sedaq Harada. He then added, "I prepared my guys for the 9.0 scoring system. Our goal was to be leading after three

events because those floor, pommel horse and vault are our strongest events. Everything worked out pretty well for us tonight."

A making last year required a new scoring system be used on the finals of the team and individual competition this year. Instead of having a base score of 9.5 as each team and individual did in the preliminaries, a 9.0 base was adopted for the finals. The 9.0 base gives an advantage to those who perform routines with greater degrees of difficulty and Stanford clearly used and hit the more difficult routines in the finals.

In assessing his own team's second place performance, Nebraska coach Francis Allen stated, "We didn't come out and perform very well. If we had kept the momentum we had from the preliminaries [where the Huskers were the top qualifier with a total of 286.525], we would have won the national championships."

Cardinal senior Jay Lynch was able to maintain his concentration sufficiently after the team competition to claim the lone individual title for Stanford on the parallel bars with a score of 9.3.

"This was just one of the cooler I have to say it, but tonight wasn't as important as this afternoon when we won the team title" said Lynch.

The University of New Mexico was the only school with two individual event winners in senior Steve Wengel and outstanding freshman Chris LaMonte. Performing in front of the home crowd, Wengel capped his career at New Mexico with a victory in the vault with a score of 9.47. LaMonte, who posted the meet's high event score with a 9.525 on the still rings performance, took what could be the first of many NCAA rings titles with a 9.65.

LaMonte said of his win in Albuquerque, "Being at home and competing in front of us advantage that you can imagine. It really helped out my performance, though I have performed that routine before."

Nebraska's Rickard Chase won the floor exercise with a score of 9.4, and UCLA's Steve McCann scored 9.75 to take the national all bar title. McCann, who left he was lucky to reach the finals, summarized his performance by saying, "I don't know what to say. It's the same routine I've been doing all year. I went all out and as soon as I hit my landing I said 'yeah!'"

Rounding out the team competition was Ohio State at 274.05. Oklahoma, Minnesota and Illinois finished fourth, fifth and sixth in the preliminary round.



## CHAMPIONSHIPS

## TEAM

1. Stanford 276.5275
2. Nebraska 276.525
3. Ohio State 274.05

## ALL-AROUND

- |                        |            |        |
|------------------------|------------|--------|
| 1. John Roethlisberger | Stanford   | 98.075 |
| 2. Steve Wengel        | UCLA       | 97.475 |
| 3. Bruce Harman        | Nebraska   | 97.175 |
| 4. James Hagg          | Stanford   | 97.075 |
| 5. Kyle Sime           | Ohio State | 97.025 |
| 6. Bruce Baker         | Oklahoma   | 97.000 |
| 7. Jon Hays            | New York   | 96.775 |
| 8. Bruce By            | Idaho      | 96.500 |
| 9. Jay Lynch           | Stanford   | 96.475 |
| 10. Jay Robinson       | Oklahoma   | 96.400 |
| 11. Jay Mc Long        | Stanford   | 96.300 |
| 12. Barry Caldwell     | St. George | 96.275 |
| 13. Art Brown          | Nebraska   | 96.200 |
| 14. James Jones        | Oklahoma   | 96.200 |
| 15. Ernie              | Nebraska   | 96.175 |
| 16. Jeff Foster        | Stanford   | 96.125 |
| 17. Barry Foster       | Nebraska   | 96.025 |
| 18. Artie Hurd         | Idaho      | 95.900 |
| 19. Craig Cook         | Nebraska   | 95.725 |
| 20. Jimmy Thomas       | Nebraska   | 95.700 |

Above left: Stanford Cardinal's first place winning team.

Below: Minnesota senior John Roethlisberger, shown here at the 1993 U.S. Championships.



## TEAM

1. Ball State of Georgia	198.00
2. University of Alabama	186.25
3. University of Utah	184.00
4. UCLA	180.75
5. Auburn University	178.25
6. University of Illinois	176.00

## ALL-AROUND

1. Jerry Bledsoe	Georgia	39.50
2. Sue Lane	Alabama	39.40
3. Joyce Jenkins	Georgia	39.25
4. Angi Burton	Oregon State	39.00
5. Jennifer Reed	Louisiana State	38.75
6. Tanya Mitchell	Massachusetts	38.50
7. Judy Ann	Alabama	38.25
8. Juli Meyer	Michigan	38.10
9. Julie Pappas	New York	38.10
10. Barbara Adams	UCLA	38.00
11. Carol Norwood	Alabama	37.80
12. Tina Phillips	Alabama	37.75
13. Jennifer Sims	Georgia	37.60
14. Joyce Jensen	Ohio	37.50
15. Tracy Schneider	Michigan	37.35
16. Allison Burke	Penn State	37.20
17. Jennifer Sims	Alabama	36.95
18. Suzanne Ray	Ohio	36.85
19. April Kuhn	Penn State	36.70
20. Shirley Anderson	Oregon State	36.50
21. Cherie Adams	Michigan	36.35
22. Tina Williams	Michigan State	36.20

## GEORGIA GRABS THE TITLE

By Doug Minder  
Oregon State Sports Information

The Georgia Bulldogs rolled it and rolled it. They also vaulted it, owning it, beamed it and beamed it.

The much anticipated showdown for the 1992 NCAA Women's Gymnastics Championships turned into a record-breaking party, primarily thanks to Georgia, who won their third national title. The Bulldogs scored an all-time NCAA record 199.0 points, winning by the widest margin since 1985.

To put that achievement into perspective, second place Alabama scored an impressive 186.25. That score, too, would have broken the previous Championships record by more than a full point.

Any doubts about the effectiveness of the championship's new three-day "Super Six" format were squashed at Oregon State University on April 15-17.



Georgia head coach Suzanne Yoculan is one of the coaches opposed to the format, which adds another day to the team competition in an effort to give all 12 qualifiers an equal chance. The top three teams from each of two six team sessions advance to the second day and the "Super Six" finals.

According to Yoculan, a three-day event is too laborious. She feels the additional day reduces the importance of regular season success.

Yoculan may not be a fan of the new format, but she and her team mastered it in practice.

"This team has been training for this format since September 9," Yoculan said. "We still don't like it. But we didn't complain about it; we prepared for it."

Despite a ranking just behind Utah in the polls all season long, Georgia rode in to Corvallis as the No. 1 seed on the strength of a whopping 187.50 score at the Southeast Regional.

"We consider this to be the survival of the fittest," said Yoculan at the pre-meet press conference. "If there is a team more fit than Georgia, then

they deserve to be the national champions."

She was right. If there was a team more fit than Georgia, it was probably the 1992 Olympic Team.

In Thursday's afternoon qualifying session, Georgia and Alabama advanced true to form, and UCLA beat out host Oregon State, Michigan and Florida in a race for the third spot. In the evening session, defending champion Utah advanced easily while Arizona and Auburn earned the final berths.

The individual all-around champion was also determined on the first day, as freshman Jenny Hansen of Kentucky, competing without her team, scored 39.50 to edge Alabama senior Dee Foster's 39.45.

Foster, who won the all-around title as a freshman, coach-led her career with an NCAA record 17 All-American honors to her credit.

For Friday's Super Six team finals, all individual awards were put on hold, and the six teams began piling up points.

Georgia, known as a hot-bed or training team, had its first co-ed meet of the season. The Bulldogs began on home with a record-setting 49.75 that included a 10 from former Canadian National Team Member, now Georgian, Lori Strong.

From there, Georgia posted team scores that were unmatched by everyone but Alabama, which set a Championships record with 49.325.

(Continued page 42)

Above left: The Georgia Bulldogs' first place winning team.

Below: University of Kentucky freshman Jenny Hansen.



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TICKETS • SCHEDULE

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WEDNESDAY, AUGUST 25 • 56 all events (all day)

U Women's Qualification	8 a.m. to 12:00 p.m.
U Men's Qualification	12:00 p.m. to 2 p.m.
U Women's Qualification	2:00 p.m. to 5:00 p.m.

THURSDAY, AUGUST 26 • 114 events (55 appear full day)

U Women's Qualification	2 p.m. to 4:00 p.m.
U Men's Qualification	7 p.m. to 9:00 p.m.

FRIDAY, AUGUST 27 • 512 events (512 appear full day)

U Men's Qualification/ Finals	2 p.m. to 4:00 p.m.
U Women's Qualification/ Finals	7:00 p.m. to 9:00 p.m.

SATURDAY, AUGUST 28 • 615 events (512 appear full day)

U Women's Qualification	10:00 a.m. to 12:00 p.m.
U Men's Qualification	4 p.m. to 6:00 p.m.
U Women's Qualification	7 p.m. to 9 p.m.



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**AUGUST**  
**25-28**

# LITTLE HITS THE

By Louis Ponsak

Standing 4'30" high and packing 79 pounds of pure muscle, Shannon Miller is the number one gymnast in the world—a title she earned at the 1990 World Gymnastics Championships. Extraordinary credentials for a 16-year-old, but, then again, she's no ordinary 16-year-old.

This tenacious athlete trains six hours a day, six days a week and still maintains a 4.0 grade point average as a sophomore at Edmond North High School in Oklahoma City, Okla. With a father who is a physics professor at the University of Central Oklahoma, and a mother who is a bank vice president and a Level 10 judge, education is a very critical component to the Miller family.

"In our family it's understood that you do school work first and then other things," said Ron Miller, Shannon's father. "She's an achiever. She wants to do well in gymnastics, graduate with her class at school, and make straight A's."

As a member of the Oklahoma and National Honor Society, Shannon's won numerous other awards.

was the first female to win the Steve Reeves Fitness Award presented in 1992 by the Downtown Athletic Club in New York City and she earned the 1992 Sports Headliner of the Year Award for Oklahoma that benefits the March of Dimes.

Since 1988, Miller has earned 37 international medals and 23 national medals. Included in this medal count are the five medals she won at the 1992 Olympic Games, making her the most decorated U.S. athlete at the Games in Barcelona. Her second place finish at the 1992 Olympics was the highest all-around finish by an American woman gymnast at a non-boycotted Games, and her two silver and three bronze medals also tie Mary Lou Retton's record for a U.S. gymnast winning the most medals at an Olympic Games.

It all started when Ron and Claude Miller decided to put their two daughters into gymnastics for exercise and fun. Little did they know that their six-year-old daughter Shannon would some day be the world champion.

"That wasn't the plan," said Mr. Miller. "We didn't have any goals, Shannon was just tagging along with her older sister."

At the age of eight, Miller and her mother made a trip to Russia with their local gymnastics program to train with the best in the world. It was at this program that a Russian coach told Mrs. Miller that Shannon had potential and needed high level

# MILLER BIG TIME

Shannon Miller, shown here at the McDonald's American Cup, is spotted during a vault by her coach Steve Nunn.



Photo Courtesy: Steve Nunn

coaching. After the trip, the Millers enrolled their daughter in Steve Nunn's program at Wynano Gymnastics in Oklahoma City, Okla.

"From the time she was eight years old, she was training with my top elite kids," said coach Nunn. "She has been doing difficult routines for quite a while and I know, in time, that she

would gain the experience she needed."

It all started to come together for Miller at the perfect time. Since 1988, she has been one of the top contenders in the U.S. but had never won a national title. She was within striking distance but never put it all together—that is until the last couple of years.

SEE  
SHANNON MILLER  
POSTER 24!  
ON PAGE 24!

including the USOC Sportswoman of the Month for March and April 1993. In addition, she





**Miller strikes a pose at the 1992 World Championships in Birmingham, England.**

At the 1990 World Championships, Miller helped the U.S. team win the silver medal, placed sixth in the all-around, qualified for all four event finals, and won the silver medal on bars. Everything was going along smoothly, just as Nunn and coach Peggy Lirkick had planned, until about six weeks before the 1992 U.S. Championships, when Miller injured her elbow during practice. Minor surgery attached a bone chip in the elbow using a screw as thin as a strand of hair. She made a miraculous comeback, winning the compulsory division at the U.S. Championships, just six weeks after surgery. Miller did not compete optionals and many speculated as to whether she would be ready for optional competition at the Olympic Trials, only three weeks later. No need for worry, Shannon's spectacular performance at the trials easily qualified her for the Olympic Team.

For her tremendous comeback from elbow surgery, she was the recipient of the 1992 Nippon Comeback Award.

Miller has a fierce, insatiable drive. On the outside she's shy, quiet and very modest, but, on the inside, she's extremely focused and competitive. With complete determination, she knows what she wants and goes after it.

When asked about her secret weapon in gymnastics, Miller said, "It's probably my level of difficulty. I learned a lot of skills at a young age and have worked them over and over to just the point."

It's no surprise that the most vivid memories of her gymnastics career thus far have been winning five

medals at the 1992 Olympic Games and competing at the 1995 World Championships, where she not only won the all-around title, but also the uneven bars and floor exercise titles. What's next for this poised and powerful young athlete?

Coach Nunn chuckled and said, "We're doing things in reverse order. Shannon won medals at the Olympic Games then the World Championships and now she would like to win the National Championships."

Shannon doesn't hesitate to answer with a reassuring, yes, when asked if the 1996 Olympic Games are a goal. "It would be great to compete in the 1996 Olympic Games in Atlanta. It's a long term goal for me."

Ms. Miller had a different answer to this same question. "I think it's impossible for Shannon to miss the 1996 Olympic Games when I mean, come on, wasn't the last U.S. all-around finalist who competed in two Olympics?" Ms. Miller was quick to add, "But, then again, I thought it was impossible for a U.S. gymnast to win five medals at the 1992 Olympic Games, too, but no one bothered to tell Shannon."

The Miller family is very supportive of their daughter's and sister's quest for the gold. Shannon's 12-year-old brother, Troy, is also in gymnastics and most recently tied for the gold medal on floor at the Level 6 Oklahoma State Meet. Sister Tessa coaches young athletes in gymnastics and plans to attend

**Miller has a fierce, insatiable drive. On the outside she's shy, quiet and very modest, but, on the inside, she's extremely focused and competitive.**

college in the fall.

"We try to balance gymnastics, school, home and the other things in our kids' lives," said Mr. Miller.

Regarding life after gymnastics, Miller plans to attend college but has no idea what she will pursue. "I visited Stanford University during an exhibition and I really liked it, maybe I'll go there," she said.

For now, it's a matter of training, school and promotional opportunities that are keeping Shannon busy. Oh

yes, and the fan mail. After the Olympic Games, bags of fan mail literally covered the Miller's living room. Since the Games, the mail arrives on a daily basis. In fact, Mr. Miller mailed 46 post cards with notes from Shannon and had received another 30 the same day.

"It takes me a while, but I try to answer every letter I receive," said Miller.

"It's not easy to fit it all in," said Mr. Miller. "We're really proud of how she is handling the extra demands and responsibilities. It used to be just school and gymnastics and now it's also appearances, autographs, interviews, promotions and much more."

Taking an active role in the Oklahoma City community, Shannon does many charity requests including anti-drug campaigns and promotions such as "Stay in School" and "Feed the Children."

A few of the

extra things Miller's involved with include making a national commercial for Tahiti Pursuit, doing an exhibition at the Utah State Fair, visiting a children's medical hospital and attending an assembly honoring four former Republican Presidents.

Miller's athletic abilities are obvious, but her personal characteristics are the ones that will make Shannon a true winner in life.



# 1993 CONGRESS

## USA GYMNASTICS

### THE FACTS

#### HOST CITY

Atlanta, Georgia

#### CONGRESS DATES

Pre-Congress Sessions: September 8-9, 1993

Congress Sessions: September 9-12, 1993

#### CONGRESS HOTEL

Atlanta Marriott Marquis  
265 Peachtree Cir. Ave.  
Atlanta, GA 30335  
404-521-0000

#### HOTEL RATES

Single/double \$ 99  
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You will receive a \$2 discount coupon for round trip service upon registering for Congress. Round trip shuttle is \$12 with discount coupon.

One way from airport to hotel is \$8 and the \$2 discount coupon will not apply.

#### CONGRESS COSTS

**Professional Members**  
Early Registration  
(received prior to Aug. 11)  
\$175

**Late Registration**  
(received after Aug. 11)  
\$195

**Non-members**  
\$250

All out-of-pocket fees are not included.

#### CONGRESS CHILD CARE

USA Gymnastics has identified A Caring Heart, Georgia's oldest and most respected child care agency to provide on-site care for children attending the 1993 Congress.

Their commitment package includes services such as age-appropriate activities, toys and other playtime equipment, and child adult ratios which guarantee quality supervision.

The payment for these services will be the complete responsibility of the parents.

#### DO YOU HAVE SPECIAL NEEDS?

Registered Congress participants who may need any special assistance, equipment, or access capabilities should contact S. Whitlock by August 1, 1993 in order that we may have sufficient time to be of assistance.

#### CHAMPION ENTERTAINMENT

On Thursday and Friday evenings, USA Gymnastics Congress participants will have exclusive use of the Champions American Sports Bar. If you're looking for a place to dance and have a good time after attending a full day of Congress sessions, we recommend Champions.  
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#### 1993 USA CONGRESS

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When not attending Congress sessions, participants may want to enjoy some of Atlanta's other attractions. Some sites:

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- 200 ATLANTA:** In Grant Park, Atlanta's oldest.

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- Women's sessions
- Men's sessions
- Rhythmic sessions
- Business/Management
- Preschool/developmental
- Sport's science





## 1993 PRE-REGISTRATION FORM

Complete one form per person—please photocopy form for additional registrations

Name \_\_\_\_\_

Social Security No. \_\_\_\_\_

USGF Pro # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Day Phone \_\_\_\_\_ Night Phone \_\_\_\_\_

Check (✓) appropriate

Program ☐ Men's Program ☐ Women's Program ☐ Rhythmic Program

Title ☐ Club Owner ☐ Coach ☐ Administrator ☐ Judge

Minimum age for Congress registration is 16 years

## FEES

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(received after Aug. 1)

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### Non-Members

\$210

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Please return this registration form to:  
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Pan American Plaza, Suite 300  
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Indianapolis, IN 46225

## CONGRESS COSTS

Fee includes:

- 1 Credential for entrance to regular Congress sessions, master clinics, and demonstrations on Thursday afternoon through Saturday. And...
- Free entrance to the Exhibit Hall featuring the industry's finest products. (Additional day passes into the Exhibit Hall are \$5.00 each.)
- 1 Ticket to the annual USGF Banquet. (Additional Banquet tickets for spouses/guests are \$40 each—available at registration.)
- 1 Ticket to the Rhythmic World Team Trials (Additional tickets will be available on site.)

*Note: You must register separately for the PDP Coaching Accreditation courses, Safety Certification coursework, Skill Evaluators exam, etc. Forms will be available beginning with the June issue of Technique magazine.*

## CANCELLATIONS:

**Registration is  
non-refundable after  
August 15, 1993**

**NO EXCEPTIONS**

**No Pre-registrations after  
August 20, 1993**

**After August 20,  
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## EVENT SCHEDULE

### JULY

8-10	Puerto Rico Cup (M/W)	Puerto Rico
8-19	World University Games (M/W)	Buffalo, NY, USA
18	San Jose Gymnastics Spectacular (M/W)	San Jose, CA
17-18	Regional Elite Meets (M)	Yonkers, NY
23-24	Jr. State & II Development Camp (M)	Colorado Springs, CO
29	Illness Challenge (M/W)	Los Angeles, CA
29-31	Elite Judges' Course (M)	Tempe, AZ
29-Aug 1	U.S. Olympic Festival (M/W/T)	San Antonio, TX

### AUGUST

5-14	Jr. National Team Camp (M)	Colorado Springs, CO
5-8	U.S. Olympic Research (M)	Austin, TX
12-17	St. Mike Training Camp (M)	Colorado Springs, CO
17-22	J.O. Training Camp (M)	Colorado Springs, CO
19-23	J.O. National Team Training Camp (M)	Colorado Springs, CO
22-30	11th Int'l Junior Team meet (M)	Yokohama/Saitama, JPN
24-29	Jr. Elite Training Camp (M)	Colorado Springs, CO
25-31	Good-Gale Hall / Obergymnastics (M/W)	Salt Lake City, UT

### SEPTEMBER

1-12	USA Gymnastics National Congress	Atlanta, GA
12	World Championships Trials (M)	Atlanta, GA
16-18	FIG Men's Coachs/Judges Symposium (M)	Japan: SMI
29-Oct 3	Regional Development Camp (M)	Colorado Springs, CO
25-30	World Championships Team Training Camp (M)	Lake Placid, NY
27-30	Olympic Coaches of the USA	New York, NY, USA
18A	National U.S.P. Testing (M)	USA

### OCTOBER

8-9	Ohio Cup (M/W)	Elkhart, OH
29-31	World Championships Team Training Camp (M)	Lake Placid, NY
27-30	Olympic Coaches of the USA	New York, NY, USA
30-Nov 5	South Africa Cup (M/W)	Pretoria/Pretoria, RSA
18A	National U.S.P. Testing (M)	USA

### NOVEMBER

4-7	Wayne World Championships (M)	Alamosa, CO
12-24	Illness International (M/W)	Tyler, AUS
19-21	Jr. Team Olympic Select Program Evaluation (M)	Colorado Springs, CO
23-Dec 4	Coachs Cup (M/W)	Hagerly, JPN
26-Dec 7	22th Polish (M/W)	Stuttgart, GDR
18A	Canada (M)	Colorado, USA

### DECEMBER

5	World Gymnastics Challenge (M/W)	Toronto, CAN
18A	National U.S.P. Testing Camp (M)	USA

(Dates & Events Subject to Change or Cancellation) \* - Tentative  
Director of Special Events - Mike Joseph

# MILLER

Shoreen Miller became the newest member of the royal gymnastics family when she was crowned the all-around champion at the 1993 World Gymnastics Championships in Birmingham, Great Britain. Miller is the only American woman gymnast ever to win three gold medals at a World Championships competition.

With the retirement of the women's all-around champion from the 1992 Olympic Games, Tatiana Gutsu, the world renowned gymnast's "chasing of the gold" as Miller was crowned the new champion.

Five medals in Barcelona, including the silver medal in the all-around, was only the beginning for Miller. At the Birmingham World Championships, 16-year-old Miller went on to win the all-around and two individual events—uneven bars and floor exercise.

Miller's domination in the sport did not rely on her family tree as is common practice with most of the Royalty in England. Instead, hard work and determination took precedence. In fact, Miller took only three days off from training after the 1992 Olympic Games and it was back to the gym as usual.

Miller is not the only U.S. gymnast to be commended for her performance at the 1993 World Gymnastics Championships. Dominique Dawes and Kerri Strug showed a budding tradition of excellence in U.S.A. gymnastics and Amanda Berden, as the alternate, was an indication of the women's depth in talent. After the preliminary competition,

Miller was in the lead, Dawes was third and Strug was fifth. Gymnastics is no longer dominated by women gymnasts from the Soviet Union. With Kim Zmeskal winning the all-around title at the 1991 World Championships and two event titles at the 1992 World Championships and now Miller winning three gold medals at the 1993 World Championships, the USA is a stable force in international competition.

Let's trace Miller's trail to the throne!

## A Look At Women's Preliminaries

Dawes competed in the first round of competition beginning with floor exercise. She upgraded her routine from the 1992 Olympic Games by using a two-and-a-half twist for her dismount. The excitement in the National Exhibition Center was obvious, especially when this 16-year-old from Hill's Angle was awarded a 9.712—the highest score of the competition at that time. Dawes, coached by Kelli Hill, continued her momentum with an average score of 9.618 on her Yurchenko layout full vault. With the new Code of Points, this vault is now worth a 9.80 versus a 10.00. Consistency is a must since the two vault scores are averaged to get the final score. On bars, Dawes once again hit her routine, including her full twisting double back flyaway, to score a 9.75. Dawes was also sturdy on beam. Her skills included a flip flop to three layouts, a front salto and



a flip flop. Flip flop, full twisting double back dismount. Awesome! Dawes scored 9.812. Dawes led the first round of competition with an all-around score of 38.892.

Strug competed in round three starting on her best

event, vault. She stuck her Yurchenko layout full vault, scoring 9.712. On bars, this 15-year-old from Dynaco Gymnastics looked strong and confident with high release moves and a stuck full twisting double back flyaway to score 9.687. Strug, coached

## New Member of the Royal Gymnastics Family

By Lynn Paschke

**Left:** Dominique Dawes hit a great beam routine, scoring a 9.735 and earning the silver in event finals.

**Right:** Kaeli Strug finished third overall in the preliminaries with a 38.779.

by Steve Nunn and Peggy Laddick, moved to beam where she mounted with a handstand plache: Her skills included a flip flop, flip flop, layout; switch side leap, Pops, straddle jump connected to a flip flop half turn to plache, flip flop, layout, layout and a round off double back dismount to score 9.637. On floor, Strug's passes included a double layout mount, a round off, whip, whip, flip flop double back and she dismounted with a round off full twisting double back to score 9.637. Strug finished third overall after her round with a 38.779, behind Dawes and Gogo Gogon from Romania.

Gogon, 15, a member of the silver medal Romanian team from the 1992 Olympic Games, scored 38.75 all-around, with her highest score of 9.75 on beam.

Miller competed in round four and was the first person

competing on floor. She mounted with a round off, flip flop, whip back, flip flop, full twisting pike double back. Her second pass included a round off to three whip backs to double full and she dismounted with a tucked full twisting double back. This 16-year-old dynamo from Dynamo Gymnastion, struck both her Yurchenko layout full vaults to score a 9.762. On bars, Miller performed a rare flawless routine, complete with a stuck double layout

1992 Games—she cut her hair and no longer wears a ponytail.

Another Romanian, 14-year-old Andreea Cacoran, is a newcomer to the international gymnastics scene. She placed sixth all-around with a 38.655. Her highest score of the day was a 9.775 on bars. This petite gymnast (4'6 3/4" and 42 lbs.) trains at Deva with her coach, Marius Stang. She's a very powerful tumbler with passes including a round off, whip back, flip flop, flip flop,



# WORLD

flyaway to score 9.85. Miller mounted the beam with a reverse plache to extension roll to a flip flop, flip flop, layout. She continued her steady pace with a flip flop quarter turn hop to a half turn (now called the Miller and rated as an E skill), scissor ring leap into flip flop quarter turn, flip flop, layout, layout, and dismounted with a round off full twisting pike double back for a score of 9.887. Miller ended the day with an outstanding 39.286 and the top score in every event.

Larissa Mikserova, the all-around bronze medalist and vault and floor gold medalist from the 1992 Olympic Games, scored 38.923 for second, moving Dawes to third, Gogon to fourth and Strug to fifth.

Mikserova scored 9.737 on her Yurchenko layout full vault, 9.712 on bars, 9.712 on beam and a 9.762 on floor.

Mikserova, coached by Otkarian Belu, has a new look since she

full twisting double back; round off, whip back, flip flop, flip flop, two-and-a-half twist, and a full twisting double back dismount. She earned a 9.70 for her dynamic floor routine.

China's Li Li, 18, finished seventh all-around with a 38.28. Li trains with coach Lu Shunsheng at Guangdong. Li is known for her exquisite beam abilities and scored a 9.687 on this event, her highest score of the competition.

Vietnam's Canadian gymnast Stella Uneh placed eighth with a 38.149, scoring a 9.60 on floor, which qualified her to event finals on floor.

Ukraine's Ludmila Stevchenko placed the highest among the gymnasts from the former Soviet Union by finishing in ninth place with a score of 38.123. Teammate Tatiana Lisenko fell off beam, which caused her to finish 11th all-around with a score of 38.105.

## Women's All-Around Finals

Miller and Dawes represented the U.S. in the all-around finals. Strug, even though she was ranked fifth in the world after preliminaries, could not compete in the all-around finals due to the FIG rule which states that only two athletes per country could advance to all-around and event finals.

Miller and Dawes both began competition on bars—the same event Miller started on at the 1992 Olympic Games when she won the silver medal.

Dawes scored a 9.782, which was a little higher than her preliminary bar score of 9.75. Miller's routine, on the other hand, wasn't quite as sharp as in preliminaries, dropping from a 9.85 to a 9.825—which put her in second, behind China's Li Li. Li scored a 9.837 on her innovative beam routine. Dawes was third after round one.



The pressure did not seem to have any bearing on Dawes as she scored a 9.775 on beam. Miller, however, seemed to lack the vivacity she exhibited during the preliminaries. She had a big wobble after her flip flop, layout, layout series on beam and took two steps on her dismount to score 9.625 which bumped her from second to fifth place in the semifinals. Dawes had captured the lead after two events followed by Romania's Gina Gogean, Russia's Oksana Fabrichnova and Ukraine's Tatiana Lisenko tied for third.

Dawes was up to the challenge. She scored a crowd pleasing 9.80 on floor, .036 higher than her preliminary score on this event. The Silver Spring, Md. native still held the lead after three rounds of competition.

Lisenko scored a strong 9.824 on her Yurchenko layout double full vault, putting her

against full and a Yurchenko layout double full to score a 9.643.

Miller went next on vault. She used a Yurchenko layout full for both vaults and scored 9.707, to take the lead.

Lisenko, up next on beam, needed a 9.776 to top Miller. She scored 9.725 to keep her in second place thus far.

Dawes needed a 9.762 on her final event, vault, to become the 1993 World Champion. She discussed strategy with coach Bill. "I told Dominique the situation and what she needed to win," said Hill. "I told her that she could do her Yurchenko layout full and probably was a medal or she could use a Yurchenko layout one-and-a-half twist and possibly win. She chose to do the higher scoring vault."

Dawes took a big step on the first vault scoring 9.712. On the second vault, she fell on the landing and scored 9.375

"I'm upset, but my experience here at the World Championships has been really good," said Dawes. "I've increased my ranking in the world from 26th at the 1992 Olympic Games to fourth."

Having two gymnasts from the U.S. battle for the World Championships title and placing first and fourth is an enormous feat and well

behind. Elena Peskun won this title with a score of 9.762 using a Yurchenko double full and a front handspring pike front half. Moldosvic took the silver using a Yurchenko layout full and a front handspring pike front half for a score of 9.737. Uzbekistan's Oksana Chusovitina, who replaced Miller, won the bronze with a score of 9.718. Chusovitina competed a front handspring pike front half

Left to right: Gina Gogean from Romania, Shannon Miller from USA and Tatiana Lisenko from Ukraine.



# CHAMPIONSHIPS

in second. Miller moved up to third after a beautiful floor routine which earned a 9.825, the highest score of the competition. Gogean scored a 9.725 on beam for fourth and Fabrichnova scored a 9.563 on floor for fifth place in the all-around standings.

It came down to the last event. Any one of these five athletes could have won the crown of all-around champion.

Fabrichnova was first up on vault. She threw a Yurchenko

for a 9.635 average. At this point she was in third but Gogean still had to compete floor.

Gogean needed a 9.807 to take the lead from Miller, a 9.756 for the silver medal or a 9.705 for the bronze. She performed an outstanding routine for a score of 9.83, however, not enough to be crowned the all-around champion. The final standings saw Miller possessing the coveted crown, Gogean second, Lisenko third and Dawes fourth.

represents the quality of women's gymnastics in the United States.

## Women's Event Finals

Miller qualified for all four event finals, making this her third major event to do so—1991 World Championships, 1992 Olympic Games and now the 1993 World Championships.

Unfortunately, due to a stomach virus that had plagued her for a few days, Miller dropped out of vault finals

and a Yurchenko layout full. Strug placed fifth with a score of 9.662 for her Yurchenko layout full and front hand spring front vaults.

Miller and Dawes both hit solid sets on bars for scores of 9.807 and 9.800 for a U.S. sweep of the gold and silver medals, respectively.

"After the routine I was hoping it would be worth the gold medal," said Miller. "It is the best bar routine I've done since I've been here in Birmingham."

(Continued on page 26)



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GYMNASTICS  
**USA**

**MILLER**

Dawson said, "I didn't make my one-and-a-half pirouette so I kept going and did a full pirouette to blind change. I didn't think my routine would be worth as much, so I was really excited to win the silver medal."

Romania's Caracovan finished third to earn the bronze on bars with 9.780.

Miller had some difficulties on what is usually one of her strongest event, balance beam. She missed her mount series flip flop, flip flop layout, her new flip flop element and fell on her dismount.

When asked what went wrong on the beam, Miller replied, "It's this lingering stomach thing. If I would have felt better I think I could have done better."

Dawson hit a great routine and scored 9.725 which was the top score with only one gymnast, Larissa Mikosova, to compete. Mikosova scored a 9.85 to win the gold and Dawson earned the silver. Gogean grabbed the bronze medal with a score of 9.680.

Miller didn't let her stomach virus bother her on floor, as she finished the World Championships on a high note scoring 9.780 to grab her second event gold medal.

Gogean won the silver with a 9.750 and Russia's Natalia Bobrova the bronze with 9.712.

Strong performed a beautiful floor routine but the judges started her routine from a 9.800 versus a 10.00 and she scored a 9.580.

Photo Courtesy: Peter J. Novak/USA



Above: Amanda Borman, from Cleveland's *Gymnastics Academy*, earned an all-around.

"Kerri did not get credit for two dance elements," said Liddick. "I felt Kerri did the Pops better than any athlete at the World Championships on height, amplitude and completing the 360 degree turn. We were very surprised she didn't get credit for the dance moves."

After the completion of the event Steve Nunn summed it

up best when he said, "Our girls proved the U.S. is a new world power by winning five medals."

USA Gymnastics extends a hearty "Well Done" to Shannon, Dominguez, Kerri, Amanda, Steve, Peggy, Kelly, and Brandon's coach, Mary Lee Tracy!



Above: Vityaly Scherbo, from Belarus, won the all-around title by over a half a point.



Photo Courtesy: Peter J. Novak/USA

# SCHERBO

## KING OF THE CASTLE

### Men's Preliminaries

Gymnasts from the former Soviet Union may not have dominated the women's competition, but they continue to dominate the men's competition. Former Soviet Union athletes occupied nine of the top 10 positions after the preliminary competition.

Olympic all-around champion Vityaly Scherbo,

from Belarus, won the preliminary competition with a score of 56.437. Scherbo's scores ranged from a 9.225 on rings to a 9.887 on parallel bars, which was the second highest score of the entire men's preliminary competition. The highest score of 9.70 was reserved for the People's Republic of Korea's Pae Gil Su for his performance on the pommel horse.

Yet, after winning the all-around and a spot in five of the six event finals, Scherbo was not happy. His gloom centered on the rings, where he earned a gold medal at the 1992 Olympic Games.

"I felt tired. Much more tired than in Barcelona," he said. "I performed badly."

After learning he missed making rings finals by five thousandths of a point, he

sponded, "I'm going to sleep."

In second place was Russia's Sergei Charkov. This Moscow resident is 22 years old and trains at Dynamo. A member of the 1988 Olympic gold medal team, Charkov came out of a five-year retirement to compete in this competition and scored 56.00—437 behind Scherbo.

Germany's Andrian Wecker was the only non-Soviet Union gymnast to break into the top nine. Wecker scored 55.75 with rings being his best event (9.475) and horizontal bar his lowest scoring event (9.175).

Valen Beleniky, 23, finished fourth with an all-around score of 55.65. Beleniky is from the republic of Azerbaijan but competed under the FIG flag since his country missed the deadline for recognition by the world gymnastics governing body. This veteran of international competition has numerous medals to his credit. He won the all-around at the 1990 World Cup, the silver medal at the 1992 Olympic Games, the gold medal on pommel horse at the 1991 World Championships, and the bronze medal on parallel bars at the 1992 World Championships.

A young newcomer in international competition, Belarus' Ivan Ivankov, placed 50th all-around with a score of 55.425. Ivankov is 18 years old from Minsk. He placed second all-around at the 1992 Chuzhoba Cup and trains at a club called Trud. Ivankov's highest score was a 9.40 on vault—using a Yurchenko double full.

Valen Linkin of Kazakhstan came out of retirement and placed sixth all-around with a score of 55.25. Linkin, who lives with his wife and daughter in Lousiana, represented Kazakhstan at the World Championships and did a great job, especially considering he is working full time and trains much less than when he was on the Soviet National Team.

"I like this competition," said Linkin in fluent English. "I'm seeing many of my Russian and American friends."

Linkin, 26, last competed as a member of the Soviet team in 1991, and won the European champion in 1987, when he became the first gymnast to successfully perform a triple back somersault on floor in competition. Linkin, touched at this event by his former teammates,

mate Dmitri Biletskiy, also placed second all-around at the 1988 Olympic Games and was the silver medalist on parallel bars and high bar.

1988 World Champion Igor Karolchinsky scored 55.25 for seventh all-around after the preliminary competition. Ukraine's Karolchinsky fell on his front handspring double front vault which scored 8.925. This 23-year-old veteran was the European Champion twice in 1989 and 1992. He's the defending world champion on floor and also holds a silver medal on vault and a bronze on high bar from the 1992 World Championships. At the 1992 Olympics he won a bronze on parallel bars and captured all around silver at the Swiss Cup and Arthur Gander Memorial.

Ukraine's 1991 World Champion Genn Mironin scored 55.125 for eighth all-around. Mironin is the silver medalist in the all-around, on floor, vault and high bar from the 1992 Olympics. He also won the gold medal on high bar at the 1992 World Championships.

Russia's Dmitri Karbosenko scored 54.875 for ninth and Belarus' Andrian Kan bed Italy's Yuri Chechi for 10th with a score of 54.80. Kan was unable to advance to all-around finals due to the rule which states only two athletes per country can compete in finals.

Ukraine's Rustem Chuprov, who won the 1990 McDonald's American Cup, finished 12th, but was knocked out of the all-around finals by his two teammates, as well.

Hungary's Zoltan Sopola and Czechoslovakia's bed for 13th with 54.825 and Russia's Alexei Nemov was 15th, but

unable to advance since he was the third ranked athlete for his country.

For the U.S., Chris Waller started on vault. He landed low, touched his hand and scored 8.75. He moved to pommel horse and experienced some problems on this event, scoring 8.225. Waller performed with ease on high bar, making all his release moves and landing his double twisting double back dismount to score a 9.125. On floor, Waller was doing a great set until the double back dismount and he took a few steps on the landing and went out of bounds—he scored 8.375. Waller hit both his pommel horse and rings routines for scores of 9.375 and 9.00, respectively. He also qualified to event finals on pommel horse. The all-around score was 52.80, which put him in third place.

Ringnald hit two out of six routines with his most coming from his pommel horse routine. Ringnald was



1st Chris Waller performed with ease on high bar, scoring a 9.125, doing pre-liminations.

1st Chris Waller was one of the highest scores in the preliminary high bar event, Scott Karolchik advanced on to all-around finals.



Photo by Gary Gorman



Above Germany's Andreas Wecker won the all-around bronze medal.

competitions on five events, scoring 8.925 on floor, 9.025 on rings, 9.10 on vault, 8.925 on parallel bars and 9.0 on high bar. He fell twice on his pommel horse routine, scoring a 7.80, which threatened his chances of making the all-around finals.

The pommel horse was not kind to the U.S. athletes. Scott Kowick, Dan Hingrad, started on pommel horse and fell, scoring an 8.525. He came back strong on rings, sticking his double twisting, double back dismount, for a score of 9.38. Kowick upgraded his vault, using a handspring double front, but, unfortunately, fell short and scored 8.85. On parallel bars Kowick executed a near flawless

routine until the dismount and he fell backward, scoring 8.65. Kowick moved to high bar and performed a rare Kovan and Gierger and dismounted with a layout double twisting double back which he stuck for a 9.425, one of the highest scores of the event. On floor, Kowick tied with his hands on a double back dismount and scored 8.625. The Las Vegas native's all-around score was

33.425, which put him 26th in the overall rankings. However, Kowick made the top 24 and advanced to the all-around final because several of the athletes in the top 24 were dropped due to the two-athletes-per-country rule.

Kowick said, "I felt like I was doing really good gymnastics and then something would go wrong. I was very prepared and I will just try to concentrate harder

during the next round. My sets are still pretty new with the new code."

#### All-Around Finals

Although Vitaly Scherbo didn't look as sharp and refined as he did at the 1992 Olympics, he still easily won the World Championships all-around title by over a half a point—quite a large margin in the sport of gymnastics.

"I'm very glad to win a title I haven't had before," said Scherbo. "I'm also very happy to compete under the Belarus flag and to win for Belarus."

Out of the top 24 all-around finalists, more athletes were from the former Soviet Union

(continued page 45)



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# HEIDI HORNBECK

By Greg Kallier

She's a typical American teenager from Glendale, Arizona. She enjoys spending time with her family, pet dogs, "Holly" and "Vegas," and rabbit, "Bugs." She's a sophomore at Woodward High School, where she maintains a 4.0 average in honors classes. During her spare time, she enjoys swimming, skiing, fishing and playing Nintendo. According to her mother, Kathy, Heidi Hornbeck is "a typical 16-year-old" who enjoys shopping and boys. Oh yeah, one more thing: Heidi is a member of the 1993 U.S. Women's Senior International Gymnastics Team.

Hornbeck trains with Dan Wilemski, a former Arizona State gymnast, and Janine Burns at the Arizona Sunnys. She began gymnastics when her diving coach thought it would help her with air sense. Prior to that time, she recalls having no interest in gymnastics.

She remembers watching Mary Lou Retton on TV in 1984, and deciding, "that's it, I want to be a gymnast."

"Mom was afraid that I wouldn't stick with it [gymnastics]," says Hornbeck. "After she saw how talented I was, she was very supportive. My whole family has really supported me."

During the past eight years, Hornbeck has quietly become one of USA Gymnastics' best kept secrets.

Did you know she placed fourth all-around at the 1993 American Classic World Championships Trials in Murray, Utah, and finished second on both the vault and balance beam?

Do you recall the 1992 Golden Sands competition in Sofia, Bulgaria where she scored two perfect 10.00's (her first ever) and earned gold medals on both the uneven bars and floor exercise?

I bet, you're probably not alone. Generally speaking, Hornbeck's success has come in international competition. There's no home field advantage for this 4-foot-9, 82-pound dynamo. In fact, she has suffered only six medals in national competition. On the other hand, Hornbeck has earned 12 medals, including four gold, internationally. Only two current national team members have won more medals overseas—Shannon Miller has 37 and Kim Zang has 18.

So what is it that motivates this "typical" teenager who



Heidi Hornbeck placed here here the 1992 USA Junior Bad Competition.

recently got her driver's license, is spend five to seven hours per day, six days a week in training? Tenacity? Drive? Perfectionism? Yes!

I know I'm a perfectionist! Hornbeck says with a giggle. "Take when I'm in practice, if I mess up, I

always start over. It's just something I do."

"She's easy to coach in terms of ability to learn advanced skills," said Wilemski. "But it's taken some work preparing her for competition. She's very hard on herself, which is typical of most elite gymnasts. We try to get her to take one step at a time."

One step at a time is exactly what she's taken, all the way up to the prestigious level of "world class athlete" (that does the lack of a normal social life bother her?)

"Sometimes I think about all my friends going out, but then I think about how it [all the hard work] will pay off later in life," Hornbeck claims. "They do what they want in their free time, and I do what I want in mine. Gymnastics is

kinda like my job I guess, but it's a lot more fun than a regular job."

So, what's next for this first-year national team member? Hornbeck and Wilemski both agree, the 1994 World Championships. Team!

"Other than World Championships, I'd just like to see her feel good about herself and her career," notes Wilemski.

One thing is for sure, no matter what Hornbeck does during the rest of her career, and after, she will always have a lot of support.

"If [gymnastics] is a big commitment, and it's part of our job to support her," says Kathy Hornbeck. "She's a 'very kind person who does a lot of extra things for people. She's had a lot of success in everything she's done, and whatever she decides to do, it's her decision."

In the meantime, Hornbeck will continue to live her "typical" teenage life, planning for a career in some "typical" field like engineering, she claims.

"I've even thought a little about coaching gymnastics," Hornbeck says. "But then again, after knowing how much hard work it takes, I'm afraid I would be too easy on the kids."

Heidi, if being "typical" is what it takes to achieve all that you have achieved, I'm all for being average!

# COACHES' TIPS

By  
Doree Moskowitz

- Conduct a meeting with parents and gymnasts when they change levels.
- Explain the different requirements for each event; especially those which change from one level to the next.
- Give the parents and athletes a sample of realistic scores for the first few competitions at each new level.
- Take the time to review each meet's scores with parents and gymnasts.
- Set realistic goals WITH your athletes, not FOR them.
- Encourage your gymnasts to evaluate their performance based on overall execution, not just score (e.g., fewer falls or stuck landings).

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## Forces in the gym



**KELLY LANG**  
TALLAHASSEE, FLORIDA

Kelly, 13, trains at the Tallahassee Athletic Training Center and is coached by Dave Brundish and Mike Brundish. In her first year of competition, Kelly won the 1992 Area 20 from All Around Championships. During the 1992 season, she obtained the top all-around score of all age groups at all of the meets including the State P Team and Regional Championships.

**MINDI HILTON**  
CHICAGO, ILLINOIS

Mindi, 12, won the 1992 Junior All Around title at the 1992 Junior Championships. She also placed first on vault and bars and won the 1992 P Team. She is coached by Dave Brundish and Mike Brundish. She is a member of the Junior All Around team and has placed first on vault, bars, and floor at the 1992 Junior All Around. She is also a member of the Junior All Around team and has placed first on vault, bars, and floor at the 1992 Junior All Around.



**JANA GALLAGHER**  
SEMPER, FLORIDA

Jana, 11, recently won the Level 8 Regional All Around Championships when winning the title meet in Florida. She was last Third runner-up from All Around title. Recently she won the Level 7 National Junior Championships and the Level 7 State Championships. She is coached by Mike and Andy and has won 100% of her meets in Florida.



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**JUSTIN MEYER**  
MIAMI, FLORIDA

Justin, 14, is studying Russian from an American Academy of Russian Studies. He says the class is open to 14th grade students. At that level, he was an excellent student, but he would have been a poor student here. He says he would have been a poor student here. He says he would have been a poor student here.



Tampa was the 1992 Level 5 State Champion with an all-around score of 23.85. The girls were first place on their uneven bars and balance beam and second place on vault and uneven parallel bars. Coach Kathy Brown and Holly Davis. Tampa trains at Advanced Gymnastics Academy in Boca Raton. Tampa is currently ranked 18th in the 1992 season.



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 3. **CONCLUSION**  
 4. **REFERENCES**  
 5. **APPENDIX**  
 6. **ACKNOWLEDGEMENT**  
 7. **NOTES**  
 8. **REFERENCES**  
 9. **APPENDIX**  
 10. **ACKNOWLEDGEMENT**  
 11. **NOTES**  
 12. **REFERENCES**  
 13. **APPENDIX**  
 14. **ACKNOWLEDGEMENT**  
 15. **NOTES**  
 16. **REFERENCES**  
 17. **APPENDIX**  
 18. **ACKNOWLEDGEMENT**  
 19. **NOTES**  
 20. **REFERENCES**  
 21. **APPENDIX**  
 22. **ACKNOWLEDGEMENT**  
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 24. **REFERENCES**  
 25. **APPENDIX**  
 26. **ACKNOWLEDGEMENT**  
 27. **NOTES**  
 28. **REFERENCES**  
 29. **APPENDIX**  
 30. **ACKNOWLEDGEMENT**  
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 32. **REFERENCES**  
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 111. **NOTES**  
 112. **REFERENCES**  
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 117. **APPENDIX**  
 118. **ACKNOWLEDGEMENT**  
 119. **NOTES**  
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 122. **ACKNOWLEDGEMENT**  
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 125. **APPENDIX**  
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 127. **NOTES**  
 128. **REFERENCES**  
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 130. **ACKNOWLEDGEMENT**  
 131. **NOTES**  
 132. **REFERENCES**  
 133. **APPENDIX**  
 134. **ACKNOWLEDGEMENT**  
 135. **NOTES**  
 136. **REFERENCES**  
 137. **APPENDIX**  
 138. **ACKNOWLEDGEMENT**  
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 141. **APPENDIX**  
 142. **ACKNOWLEDGEMENT**  
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 154. **ACKNOWLEDGEMENT**  
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 160. **REFERENCES**  
 161. **APPENDIX**  
 162. **ACKNOWLEDGEMENT**  
 163. **NOTES**  
 164. **REFERENCES**  
 165. **APPENDIX**  
 166. **ACKNOWLEDGEMENT**  
 167. **NOTES**  
 168. **REFERENCES**  
 169. **APPENDIX**  
 170. **ACKNOWLEDGEMENT**  
 171. **NOTES**  
 172. **REFERENCES**  
 173. **APPENDIX**  
 174. **ACKNOWLEDGEMENT**  
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 178. **ACKNOWLEDGEMENT**  
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 188. **REFERENCES**  
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 205. **APPENDIX**  
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 211. **NOTES**  
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 213. **APPENDIX**  
 214. **ACKNOWLEDGEMENT**  
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 216. **REFERENCES**  
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 218. **ACKNOWLEDGEMENT**  
 219. **NOTES**  
 220. **REFERENCES**  
 221. **APPENDIX**  
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 230. **ACKNOWLEDGEMENT**  
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 232. **REFERENCES**  
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 234. **ACKNOWLEDGEMENT**  
 235. **NOTES**  
 236. **REFERENCES**  
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 238. **ACKNOWLEDGEMENT**  
 239. **NOTES**  
 240. **REFERENCES**  
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# TWENTIETH ANNIVERSARY MEN'S JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

By Robert Cowan

In 1974, the first Junior Olympic Nationals for boys was held outdoors at the Fox River Grove Camp in Algonquin, Illinois.

This event attracted 26 athletes from across the United States. Tiger Taylor, Bart Conner and Kurt Thomas were among some of the more notable names. Coaches and participants remember various aspects of that historic event, such as having to cover the high bar between competitions in coal it down for the next gymnest, or having an athletic discount rug and ball backward into the next system of a tree.

This year was the 30th anniversary of that first effort to assemble the best of our nation's youth. The 1993 USGF Junior Olympic Nationals was quite a departure from the 1974 event. More than 580 athletes representing more than 200 programs assembled outdoors at the University of Michigan Kalamazoo Arena to do battle for three days and attempt to earn a spot on one of three national teams—Junior Elite I, Junior Elite II or Class III. For

the first time a Class II 16-18 age group division also competed.

A cooperative effort by Sandra E. MacDonald of the Wake's Gymnastics Power Club and the coaches at the University of Michigan, Bob Darden and Mike Mahdian, culminated in a very successful event. Over 90 volunteers did an outstanding job of providing hospitality and organization.

The highlight of the competition, besides the 30th anniversary cakefest provided by Alpha Epsilon, was the 12-13 Age Group of Class III's. These athletes competed a modified optional program, which saw a tremendously increased attention to execution and high level optional skills.

This was the first year for a National Championships utilizing the new age group compulsory program and the athletes, coaches and judges are to be commended for embracing the concepts and excelling in this new direction for the Boys' Junior Olympic Program.



Photo by Jeff M. Smith/USA Gymnastics

## JUNIOR OLYMPIC NATIONAL TEAMS

### CLASSES I 12-13 ALL-AROUND

1. Jeffrey Ishler	Boys' Gold Medal Gym, Springfield, Ill.	197.45
2. John Mackery	Seaside California Gym, Phoenix, Calif.	197.25
3. Jack Wieg	Belmont's Gymnastics/Tulhanna, Ill.	196.65
4. Joseph Gable	Spartan Elite/Goldsboro, N.C.	196.55
5. Peter Norval	World's Gymnastics/Bedford, N.J.	196.50
6. David Stone	Belmont's Gymnastics/Tulhanna, Ill.	196.18
7. Aaron Foster	Boys' Gold Medal Gym, Springfield, Ill.	195.50
8. Gavin Gacheman	Belmont's Gymnastics, Ill.	194.60

### CLASSES II 14-15 ALL-AROUND

1. Mike Sailer	Gymnastics/Lafayette, Pa.	193.00
2. Robert Butler	Gymnastics/Lafayette, Pa.	192.90
3. Lindsay Day	Gymnastics/Lafayette, Pa.	192.65
4. Chris Jackson	Wayland's/Greensboro, N.C.	192.55
5. Robert Morgan	Boys' Gymnastics/Bedford, N.J.	192.65
6. Stephen Jones	Tulhanna Gymnastics/Tulhanna, Ill.	192.00
7. Leland Crowder	Old Sports Center/San Jose, Calif.	191.75
8. Mike Sullivan	Belmont's Gymnastics, Ill.	191.50

### CLASSES III 16-18 ALL-AROUND

1. Jack Nelson	Gymnastics World/Texas, Ala.	193.85
2. Andrew Jones	Top Flight/Phoenix, Calif.	193.80
3. Mike Gearing	Los Angeles River/Los Angeles, Calif.	193.50
4. John Shanks	Eastern Gymnastics/Bedford, N.J.	193.50
5. Lucas Spencer	Gymnastics World/Texas, Ala.	192.18
6. Kyle Job	Phoenix Gymnastics/Phoenix, Ariz.	191.90
7. Jeremy Harris	Los Angeles River/Los Angeles, Calif.	191.70
8. Ben Gaudin	Cypress Academy/Memphis, Tenn.	191.70

### CLASSES IV 12-13 ALL-AROUND

1. David Isacks	Gymnastics World/Texas, Ala.	193.00
2. Aaron Ford	Fit Action Gym/Kalamazoo, Mich.	192.45
3. Paulie Smith	Spartan Gymnastics/San Jose, Calif.	192.30
4. James Thompson	Belmont's School of Gymnastics/Tulhanna, Ill.	192.05
5. Scott Turner	Gymnastics/Lafayette, Pa.	191.75
6. Jonathan	Capital Gymnastics Center/Bedford, N.J.	191.50
7. David Toney	USA/Gymnastics, Texas	191.00

Photograph above right: Class II 16-18 all-around winners



# WOMEN'S JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

By Cassin Mahoney

## LEVEL 10

Region 7, under the capable direction of Jan Greenhouse and Kefa Hill, hosted a superb competition on May 10-16 at the University of Maryland, Baltimore County.

The Regional team competition was dominated by the fourth year in a row by Region 5 Children and Juniors, both winning by more than a five point lead! Children's second place team went to an all-star group from Regions 1 and 5, while Region 7 took third. In the Junior division, Region 1 was second and Region 7 placed third. In the Senior division, Region 1 took the same five point lead, over second and third place Region 5 and 7.

### CHILDREN'S DIVISION

(Ages 9-10)

The 1993 Jr Olympic National Champion was Great Lakes' (MI) Katie Telf. Telf's score of 73.15 included the meet's highest score of 9.775 on optional bars. She qualified to finals on all four events, winning the gold on bars.

Kristi Leuey (Kentucky) placed second all-around and won the floor for the second year in a row performing a clean triple twist. She also took second on vault. The national champion on vault was Whitney Morgan (Indiana) and the Jr Champion was Jessica Sullivan (Utah) City OH.

### JUNIOR DIVISION

(11-15 years)

Past JO National team member, Megan Murphy (Athletic Horizons-CA) took home the all-around gold as well as first on bars. Other Junior national champions included Sarah Clark (Great Lakes, MI) on vault, Betty Ky (Eastern Nationals-PD) on bars and Rebecca Robinson (Harford, MD) on floor.

### SENIOR DIVISION

(16 yrs. & over)

Amanda Mitchell (Brown's, FL), winning a second three gold medals (all-around, bars and beam) displayed confidence and maturity. Cal West's (CA) duo of Candice Kreek and Mandy Cherrish took home the gold on vault and floor, respectively.

## LEVEL 9

The U.S. Air Force Academy provided a magnificent

setting for a showcase of the best Level 9 athletes in the country. Thanks go to Derek Madlbeck, Air Force Academy's women's gymnastics coach, along with Marie Ann Mahoney and a great staff, for hosting the event.

Region 8, displaying consistency and confidence, tumbled away with the team gold on every age division! In the Children's division, Region 7 and 3 placed second and third, respectively. Region 3 and 1 placed second and third respectively in the Junior division, while Regions 3 and 5 were second and third in the Senior division.

### CHILDREN'S DIVISION

(Ages 9-10)

American Twisters' (FL) Mariann Medel (M-675) edged out Dynamix' Mishi Ishikawa (67-825) for the all-around gold. Jennifer Farley (TAAAC, TX) earned the vault championship with a 9.30, while Mariann Medel scored a 9.60 to clinch the bar title. National beam champion Mirinda Baumbridge's (CA's), TX steady performance earned her a 9.675, and Kristina Stocky (Calicut, WI) delighted the crowd with a winning 13.575 on floor exercise.

### JUNIOR DIVISION

(Ages 11-14)

Junior all-around champion Andrea Pickens (Cypress, TX) showed consistency on all four events, scoring a total of 38.225. Vault co-champions

*(continued page 34)*

Placed below that place winners, Level 10, Region 1 Senior Team



Courtesy of USA Gymnastics

## JUNIOR OLYMPIC NATIONAL RESULTS

### LEVEL 9—CHILDREN

Andrea Medel	American Twisters	28.175
Mishi Ishikawa	Dynamix	27.825
Jennifer Farley	TAAAC	27.475
Michelle	Forward	27.375
Sarah Baileys	Acropolis Berlin	26.775
Amber Smith	Acropolis of Ohio	26.575
Stephanie Galt	Forward	26.475
Marie Medel	American Twisters	26.375
Sarah Baileys	Acropolis	26.175

### LEVEL 9—JUNIORS

Andrea Medel	American Twisters	30.225
Michelle	Forward	30.125
Stephanie Galt	Forward	30.000
Michelle	Acropolis Berlin	29.775
Marie Medel	American Twisters	29.675
Amber Smith	Acropolis of Ohio	29.575
Stephanie Galt	Forward	29.475
Marie Medel	American Twisters	29.375
Amber Smith	Acropolis of Ohio	29.275
Stephanie Galt	Forward	29.175

### LEVEL 9—SENIORS

Michelle	Acropolis Berlin	30.000
Stephanie Galt	Forward	30.175
Marie Medel	Acropolis of Ohio	30.075
Amber Smith	Acropolis of Ohio	30.025
Stephanie Galt	Forward	30.075
Michelle	Acropolis Berlin	30.025
Stephanie Galt	Forward	30.075
Marie Medel	Acropolis of Ohio	30.025
Stephanie Galt	Forward	30.075
Marie Medel	Acropolis of Ohio	30.025

### LEVEL 10—CHILDREN

Michelle	Acropolis Berlin	31.175
Stephanie Galt	Forward	31.075
Marie Medel	Acropolis of Ohio	31.025
Amber Smith	Acropolis of Ohio	31.075
Stephanie Galt	Forward	31.025
Michelle	Acropolis Berlin	31.075
Stephanie Galt	Forward	31.025
Marie Medel	Acropolis of Ohio	31.075
Amber Smith	Acropolis of Ohio	31.025
Stephanie Galt	Forward	31.075

### LEVEL 10—JUNIORS

Michelle	Acropolis Berlin	31.175
Stephanie Galt	Forward	31.075
Marie Medel	Acropolis of Ohio	31.025
Amber Smith	Acropolis of Ohio	31.075
Stephanie Galt	Forward	31.025
Michelle	Acropolis Berlin	31.075
Stephanie Galt	Forward	31.025
Marie Medel	Acropolis of Ohio	31.075
Amber Smith	Acropolis of Ohio	31.025
Stephanie Galt	Forward	31.075

### LEVEL 10—SENIORS

Michelle	Acropolis Berlin	31.175
Stephanie Galt	Forward	31.075
Marie Medel	Acropolis of Ohio	31.025
Amber Smith	Acropolis of Ohio	31.075
Stephanie Galt	Forward	31.025
Michelle	Acropolis Berlin	31.075
Stephanie Galt	Forward	31.025
Marie Medel	Acropolis of Ohio	31.075
Amber Smith	Acropolis of Ohio	31.025
Stephanie Galt	Forward	31.075

Level 10 gymnasts placing first 1-7 qualified for the 1993 Junior Olympic National Team.

(Photos: 1) G. Michael/Championships continued from page 33

**Tamara Eichenau** (St. Louis) and **Nancy Boardman** (South State) both performed outstanding vaults for a 9.675 average. **Brooke Anderson** (Atlanta School) took the gold on bars, scoring a 9.725. Beam champion **Tina Tagliarino** (LaFleur's Tampa, FL) was solid for a 9.40. **Claire O'Al** Academy's **Lauren Rosenman** and American Twister's **Sarah Krag** shared the floor gold with a 9.65.

## SENIOR DIVISION (ages 15-19)

All-Around champion **Kristin Quakenbush** (Valley, NY) edged out silver medalists **Jessie Beathard** (Brooklyn, FL) and **Sharon Barabak** (Illinois Gym Institute) by a mere two-hundredths of a point, scoring 39.40. **Quakenbush** captured the gold on floor with a 9.80, performing with true artistry and expression. **Heather Kabaick** (American Twisters, FL) nailed two dramatic vaults for a 9.625 and the gold medal. **Jessie Beathard** took home the bar title, while **Heidi Kaye** (Cherry Hill, NJ) grabbed the beam gold.

Also **Heidi Erickson's** unprecedented fourth place all-around and three event awards at age 25 is an inspiration to all. Another most highlight was **Courtney Seabolt's** (Cortis, TX) phenomenal handspring piked front vault (9.9 perfect score).

## VII RSG INTERNATIONAL PORTIMAO TOURNAMENT

By **Ellen Hyemask**

The VII RSG International Festival Portimao Tournament was held in the beautiful city of Portimao, Portugal on April 16-18.

Seventeen countries were represented and the competition was held in the traditional Junior and Senior divisions as well as in the Group Routine event.

The USA delegation consisted of two senior gymnasts including **Jessica Ward** from San Francisco, Calif. and **Sally Ward** from Jacksonville, Fla. and coach

**Ann**. From left to right, **Marina Davidovich**, coach, **Janet Davis**, gymnast, **Sally Ward**, gymnast, and **Ellen Hyemask**, judge.

**Marina Davidovich** from Jacksonville and judge **Ellen Hyemask** from Hokenmark, NJ.

**Ward** finished sixth all around, scoring a 33.30 while **Dan** finished 18th with 32.50. Portugal's **Clara Pereira** was the all-around champion with an all-around score of 35.10. Second and third all-around were awarded to Bulgaria's **Melina Grgorova** and **Marina Grgorova**, respectively.

**Ward** qualified into three final and earned the silver medal in clubs and the bronze medal in the ribbon event. **Dan** qualified into two final events and finished fourth on the hoop.

**Ellen's** **Janet Nakashima** was the junior division and **Ellen** won the group competition.



**Ellen Davidovich**, 15, competed against much older gymnasts during the event.

## VII TOURNOI INTERNATIONAL DE YVESVILLE

France's **Armande Lafollee** won the all-around competition at the International Yvesville Rhythmic competition with a score of 25.95 followed by Canada's **Stanka Leach** (Simon with 24.90) and Poland's **Joanna Ganczyńska** with 24.70.

The U.S.'s **Jessie Lam** placed 15th in the all-around with a score of 33.10 and **Lori Fredrickson**, on her first international competition, placed 17th with a score of 32.60. **Lam** and **Fredrickson** are gymnasts at Rhythmic Center in Glenview, Ill. Coached by **Lana Lashoff**, both gymnasts are 12 years old, much younger than the other competitors in the event.

"**Jessie** and **Lori** were very exciting to watch," said **Lashoff**. "Both girls had good amplitude and their routines were well learned."

# U.S. WOMEN'S TEAM SELECTED FOR 1993 WORLD UNIVERSITY GAMES

The 1993 U.S. Women's World University Games Gymnastics Team was selected on May 1 during the World University Games Team Trials. The event, which took place in Salt Lake City, Utah, qualified six athletes to the squad, including 1988 Olympic Silver Medalist **Stephanie Speck** (University of Georgia). **Speck-Speck**, who took first in the all-around competition with a score of 37.40, earned the highest point total on vault (9.70), and floor exercise (9.60).

**Speck-Speck** managed to edge current U.S. National Team member **Stephanie Woods** (Capital Community), who placed second in the all-around with 37.275 points. **Woods**, the all-around gold medalist at the 1991 Pan American

Games, will be a freshman at the University of Alabama this coming fall.

The complete U.S. women's roster for the 1993 World University Games, July 8-19 in Buffalo, New York, is listed on the right.



## Event Results

Rank	Name	Club/Coach	Score	
1	Stephanie Speck	27.40	University of Georgia	Stephanie Speck
2	Stephanie Woods	37.275	Capital Community, Conn.	Ann Davidovich
3	Stephanie Speck	36.60	University of Georgia	Ellen Davidovich
4	Stephanie Speck	36.20	University of Georgia	Ann Davidovich
5	Stephanie Speck	36.20	University of Georgia	Ann Davidovich
6	Stephanie Speck	36.20	University of Georgia	Ann Davidovich

**Stephanie Woods**, shown here at the 1992 USA Junior Trial Competition, finished second place in the 1993 World University Games Trials.



Rhythmic Gymnastics Championships continued from page 36.  
difficult, yet flawless. Leading the women at the end of the first day was Tammara Lawrence, coached by Catherine Valcarlos, coach of Rhythmic Gymnastics. A member of the 1992 U.S. Olympic Team, Tammara was a crowd favorite. Her fast-paced style and vibrant music electrified the hall, and her experience and training were evident as she executed five strong routines.

In the junior division, the Rhythmic Gems from Evanston, Illinois, provided the audience with a powerhouse of talent. Coached by Lori Lashoff, one of the 12 judges that advanced were from the Rhythmic Gems, and entering the second day of competition, they held the top four positions in the all-around. Challen Sevens and Sara Seiber were tied for the lead.

Though the Colorado weather proved very inconsistent for the second day of competition, the atmosphere in the Sports Complex was anything but varied. Again

and again the leaders in both divisions nailed their routines, and after the third rotation, the outcome of the final was all but assured.

Four of the five senior leaders began the opening rotation, and Tammara

Lawrence placed herself firmly out front with a 9.50 hoop performance. Tammara maintained her lead through out the final and won the gold medal with an all-around score of 75.05. The silver medal was awarded to Jessica Davis, coached by Jan Boner of Gymnastics Pacific. Jessica scored 72.40. Caroline Hunt won the bronze medal with a

score of 71.90. Caroline is coached by Irma Valerosa of Illinois Rhythmic. The Senior National Team, consisting of the top 10 all-around competitors, consists of Tammara Lawrence, Jessica Davis, Caroline Hunt, Brooke

Rushell (Gymnastics Pacific), 71.60, Sally Ward (United Gymnastics), 71.50, Challen Sevens (L.A. Light), 70.05, Alicia Allen (Rhythmic), 69.50, Rebecca Peterson (Illinois Rhythmic), 69.10, Carmel Becker (L.A. Light),



and Caroline Hunt, from Illinois Rhythmic, was the bronze with a score of 71.90.

68.50, and Vanessa Vander Ploeg (California Rhythmic), 67.50.

The end of the junior all-around competition saw Challen Sevens of Rhythmic Gems earn the title of 1993 Junior National Champion. She captured the gold with an all-around score of 68.90. Challen was solid evidence of the growth in our sport in the United States. The silver medal went to teammate Jennifer Lyn who scored 69.40 in the all-around competition. Sara Seiber, also of Rhythmic Gems, was awarded the bronze medal, with an all-around score of 69.30. The remainder of the 1993-94 Junior National team consists of Lori Frohelson (Rhythmic Gems), 68.75, Kristen Lee (Anaheim Rhythmic Acad-





Photo © Jeffery M. Hertz

**left** Chloe Stevens of Rhythmic Gems earned the title of 1993 Junior National Champion

**below left** Sara Seiber was the bronze with an all-around score of 48.30.

erage), 47.75; Natalie Larcenya (Rhythmic Gems), 47.83; Tina Thorp (International Rhythmic Gymnastics), 46.45; Kelli Kemper (Melina Gymnastics), 46.45; Lori Boettcher (Rhythmic Gymnastics), 45.48; and Nicole Zeink (Sigma Twisters), 42.25. We will be seeing these names in the future for each of these young athletes has already

begun to make a name for themselves in the sport of Rhythmic Gymnastics.

The third day of the Championships, which consisted of several finals, proved to be a test of endurance and stamina in the mid-high elevation of Colorado Springs. The medalists packed positions, but there were few surprises as the top competitors showed their depth and energy once more. The senior event final was dominated by four of the top five finishers. It is impossible to describe the showmanship and magic that these athletes exhibited during the event final. The audience was treated to dynamic Spanish routines and lulled into a fantasy-world by visions of Sierra Lake. Eight places were awarded in each event. The medal winners in the rope were

Tamara Levinson (9.35), Caroline Hunt (9.25) and Jessica Davis (9.15). The gold medal in the hoop event went to Davis (9.45) while teammate Brooke Bushnell won the silver (9.40). Levinson earned the bronze with a score of 9.35. Levinson took the gold in the ball event (9.40), and Davis captured the silver (9.35). The bronze

(8.70). The gold medal in the ribbon event went to Lori Federhagen (9.10) while Lisa won the silver (8.65) and Seiber took the bronze (8.525).

At the Championships Banquet, Brooke Bushnell was named Athlete of the Year by her fellow national teammates and Jan Foster was voted Coach of the Year by the National Team Coaches.



Photo © Jeffery M. Hertz

**below** The silver medal went to Rhythmic Gem Jennifer Lee, pictured here at the 1993 Rhythmic Challenge.

medals went to Hunt (9.15). The clubs saw Davis is first (9.30) while Hunt and Bushnell tied for second with a 9.20. Davis and Hunt shared the gold medal in the ribbon event with identical scores of 9.25. Bushnell took the bronze medal with a 9.125.

In the junior event final, members of the Rhythmic Gems garnered all the event medals but two. The rope was won by Jennifer Lee (8.70) while Chloe Stevens took the silver (8.65) and Sara Seiber won the bronze (8.60). Seiber won the gold medal in the ball (8.875), and Lisa took the silver (8.80). Krista Lee earned the bronze medal with an 8.25. Lee followed up her medal performance in the ball event by winning the gold medal in the clubs with an 8.85. Lisa took the silver (8.75) and Stevens won the bronze

All who attended the 1993 Coca-Cola National Championships must agree that it was a fitting tribute to the 20th anniversary of the Championships, and that the growth of this unique and wonderful sport has come very far over the years. Each of the competitors and their coaches must be congratulated for bringing rhythmic gymnastics this far in the United States. These Championships have winners that the future looks bright ahead of us and that these talented young women will some day very soon wear international gold as confidently and cheerfully as they were their medals in Colorado Springs.



Photo © Jeffery M. Hertz

*If you would like to ask Kim Zmeskal a question, write to USA Gymnastics, Chalk Talk, P.O. Box 1300, Fort Worth, TX 76101.*

Dear Kim,  
I am an 11-year-old Level 6 gymnast. What is the most exciting thing that has happened to me in my gymnastics career? Also I would like to see that you are my idol! I have pictures of you in my room of you. What high school do you go to?

Rebecca Gustafson  
Loudonville, New York

Dear Rebecca,  
The most exciting moment of my gymnastics career has been representing the USA by standing on the events stand. It is difficult to find words to describe my feelings during these moments. Also, appearing on the American Mall Show was a huge thrill. Excuse me, I am attending Westfield High School.

Dear Kim,  
I am 13 years old and a Level 6 gymnast. I train at JR's Gymnastics in Long Island, New York. Do you ever get discouraged or upset if you aren't able to get a trick right now? This happens to me a lot. If this happens to you, could you give me insight into your frustration in the gym, and maybe some techniques.

What you can while you are working out.

Laura Fontenot  
Fort Johnson, New York

Dear Laura,  
I, too, get upset when I am not able to do a skill right away. It is important to remember that some things take a little more time to learn than others. Be patient and try to concentrate on the corrections your coach is giving you. Also, keep a positive attitude. If you start telling yourself that you can't do it, most likely you won't be able to.

Dear Kim,  
Who did you retire? I heard after coming up at the 1992 Olympic

Games that you were second all in this team?

Lynn Burns  
San Jose, California

Dear Lynn,  
I haven't actually retired. In fact, I competed in a competition on March 27, the Sabers World Open Competition. I am still doing many exhibitions around the country. (By the way, Kim didn't say he has experience but she was the Sabers World Open Competition followed by Betty Ottens, Lolaine Garcia and Neelima Chaudhry.)

Dear Kim,  
I am 10 years old and a Level 5 gymnast. What is the second year in

Kim Zmeskal was chosen to represent U.S. Olympic Games, New York's American Cup after not qualified in the U.S.A. because she is the team competitor of the 1992 Olympic Games.

Level 5. What level were you competing when you were six, age?

Barbara Suzanne  
New York, New York

Dear Barbara,  
I just started competing when I was 10 years old, so you are already a step ahead of me! I started at what used to be called Class 2, which is what the name is Level 6. If you keep working hard, I am sure that you will begin advancing in rank.

Dear Kim,  
I'm 10 years old and in Level 5 at Head Over Heels Gymnastics. Right before a meet what do you do to make you feel less nervous?

Rachel Scott (Mallet)  
Oakland, California

Dear Rachel,  
Right before a meet, I seem to try extra hard to concentrate. There's no better way to make yourself less nervous than to be confident knowing that you are completely prepared for the competition. When you get to the meet, pretend that you are in practice trying to show a new year your best routine.

**Who will be the next Greg Louganis, Jackie Joyner-Kersey, Carl Lewis, Mary Lou Retton, or Shaquille O'Neal? TNT gives you a peek at the champions of tomorrow. Live from San Antonio.**

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through  
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# 1993 USA GYMNASTICS BROADCAST SCHEDULE

**Joe Jacob Gymnastics**  
SBS/TVS/USA (20/30)  
Saturdays 10:00 a.m. (ET)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)

**Wilbur Challenge**  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)

**U.S. Olympic Gymnastics**  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)

**Joe Jacob Gymnastics**  
SBS/TVS/USA (20/30)  
SBS/TVS/USA (20/30)  
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## RUD GREENSPAN'S "BARCELONA '92: 16 DAYS OF GLORY"

Barcelona '92: 16 Days of Glory, Rud Greenspan's two-hour documentary about the remarkable athletes who made the 1992 Olympic Games so memorable, will make its world premiere on the Disney Channel, Thursday, August 26 (9:00 p.m. Eastern and Pacific).

Greenspan, the world-renowned filmmaker, has captured the drama and the glory of the Olympic Games for more than 40 years.

Gymnast's own Tom Ninos will be one of the athletes featured in the documentary along with Evelyn Ashford, Derek Redmond, Dyanara Telis, Elena Meyer, Khalid Shah, Pablo Morán, Silken Laumann, Searle Brothers, Noel Arnold and Delia Schwan. Each of the athletes will look back at the Barcelona Games and recount, in poignant detail, their Olympic experience and how it affected their lives in the following months.

## WORLD OF GYMNASTICS SUFFERS GREAT LOSS

JANET BACHINA

At age 44, Janet Bachina (née) passed away in Kew, Queens April 8, 1993. In 1991, her husband, Rudy, had dedicated their lives to gymnastics.

Bachina retired from Kew-Forest High School in 1964 after 32 years of coaching. In 1965, Bachina coached for U.S. women's Pan American Games team which won the team gold medal. In 1969 she was coach of the U.S. women's Olympic Team and in 1970 served as judge of the World Gymnastics Championships—the first U.S. woman to judge the finals of an international competition. She went on to serve as the U.S. Olympic Coach for the next 11 years and also as coach of all U.S. women's gymnasts from 1984-1989.

Bachina coached everyone she touched. Her personal strength, her love for life and her caring for her parents and husband were learned in her mind.

If there is a gymnastics program in Great Kingdom, you will surely find it in her honor.

JOSEPH CHICORITTI

Joseph Chicoritti, a loving and dedicated parent, died unexpectedly in a car accident on March 15, 1993, along with his son and his brother, Christopher.

Joseph was preparing for competition in Israel's next year. Throughout his short career, Joseph was many athletes and coaches. In 1989 he became the New York State Champ. In addition, he placed second on floor and fourth in the all-around at the 1992 New York State Championships.

David Kliegman-Chicoritti was not participating, but was always there supporting his big brother and helping the judges in being a referee every night. He truly loved gymnastics.

Joseph and Christopher will always be remembered by Joseph's parents and teammates at Brooklyn Gymnastics Center.

The United States Gymnastics Federation (USAG) (formerly known as the United States Olympic Committee) is the national governing body for the sport of gymnastics in the United States. The USAG is a non-profit organization that is responsible for the development and promotion of the sport of gymnastics in the United States.

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# 1996 WORLD CHAMPIONSHIPS

AWARDED  
TO  
PUERTO  
RICO

The International Gymnastics Federation's Executive Council has voted overwhelmingly to award the 1996 World Gymnastics Championships to the Puerto Rico Gymnastics Federation.

In making the unprecedented IFG President, Yuri Tikhov, represented the Federation's enthusiasm for Puerto Rico as the site for the 1996 event.

From every perspective we are certain that the '96 Championships will be a great success," stated Tikhov. "One of the IFG's major objectives is to promote the development of gymnastics around the world. By awarding the 1996 World Championships to Puerto Rico, our sport will be discussed in five different continents in four years: 1993-Birmingham, England; '94-Brisbane, Australia; '95-Saitama, Japan; and most importantly due next for the first time that a World Gymnastics Championship is held in Latin America, thus opening up another frontier in international competition, concluded Tikhov.

The group announced its plans to start developing an operational plan and raising the necessary funds to ensure the success of the 1996 Championships.



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names, and it's remarkable that frequently in talking to the  
general public people like Michael Jordan, Lakers star

Tim Lincecum, I was a very emotional athlete. When I  
played, they were the gold medal and when I did it my  
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America was based on that but that these athletes with  
the

Way to go Mary Lou!



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## PUBLICATIONS

1. 凡在本校就读的学生，均可参加。

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(continued from page 14)

On floor, Georgia scored 49.60 on the strength of two 10's, first from Heather Stepp, and another by 1988 Olympian Hope Sperry-Shelley.

With those events down, 198.6 points still seemed improbable. The Bulldogs were a vault record away from it.

But two more 10's and 49.725 hit it right on the nose. Former National Team Member Agnes Simpfendorfer became the fourth Bulldog to score a 10 and Stepp added another, the team's fifth, to cap the meet.

"We had a peak performance tonight," said You'len, who subsequently was named coach of the year. "We have a great deal of talent. It's probably the greatest assem-

blage of talent in college gymnastics history."

Alabama, which got lost in Georgia's wake, scored a school record 196.825 to earn second place. Foster scored the sixth 10 of the night, on vault. She, and Simpfendorfer, coach had four-event totals of 39.80.

Tide Head Coach Sarah Patterson liked what she saw from her team, and also from the new format.

"I was not a proponent of the Super Six," Patterson said. "After experiencing it tonight, there's no doubt the athletes rose to the occasion."

Utah, one of the pre-meet favorites, counted a fall on both beam and bars, causing them to slip into third with a 189.825. Pac 10 Champion UCLA scored a season-high

194.925 to capture fourth, while Auburn (194.725) and Arizona (194.075) rounded out the field.

Individual event finals were a fitting encore to the spectacular team competition. It was a night when perfection became the rule rather than the exception—six more 10's brought the three-day total to 14.

Stepp began the evening with a near-perfect 9.975 to capture the vault title, ahead of three fellow SEC gymnasts—Hansen, Foster and Georgia's Sandy Rowley-Till.

Next came the bars finals, in which 16 gymnasts had qualified. Perfection was achieved twice, by Michigan's Beth Wymer and Simpfendorfer.

with a stack of "Infinite" right behind. Six other gymnasts scored 9.90 or better.

All eyes turned to the Indiana, pressure-packed beam finale next, where the co-defending champion, Dana Dobransky of Alabama, was hoping to add a second championships title.

She didn't have long to wait. The second of 11 competitors, Dobransky was calm, cool and rock solid. She was rewarded with a title-changing 10.

Nine out of 12 competitors on floor scored 9.90 or better, but again, it took perfection to win the championships title. Three seniors won perfect—Massachusetts' Timmy Marshall, Stepp and home crowd favorite Amy Durham of Oregon State.

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### SCHEDULED COURSES

#### Friday, July 16

Popkins, RI—5:00 pm–7:00 pm  
Beecher School of Gymnastics  
1317 N. Avenue  
Popkins, RI 04864  
Course Dir.: Mike Stencel  
(402) 325-2924  
Local Contact: Connie Nelson  
(402) 329-2924

#### Saturday, July 24

Kingsport, NY—10:00 am–4:00 pm  
Kingsport YMCA  
537 Broadway  
Kingsport, NY 12404  
Course Dir.: Fred Spindler  
(718) 814-6287  
Local Contact: Melipolinsky  
(914) 687-7804

#### Sunday, July 25

San Valley, CA—9:00 am–1:00 pm  
Imaginative Gymnastics  
4420 West 20th Industrial St.  
San Valley, CA 92343  
Course Dir.: Jeff Latta  
(918) 945-0708

#### Friday, July 30

Penns., IL—12:30 pm–4:30 pm  
Savannah Gymnastics Training Complex  
24008 Park 24 Drive

• Penns., IL 61615  
• Course Dir.: Monte Olson  
(312) 584-4015  
• Local Contact: Dawn Kahan  
(309) 481-3267

#### Saturday, July 31

• Columbus, OH—10:00 am–2:00 pm  
• Redwood World Columbus North  
• 4900 London Rd.  
• Columbus, OH 43229  
• Course Dir.: Bobbi Macomber  
(614) 452-1379  
• This course will include participants from the NSCA of USA

#### Sunday, August 1

• So. Burlington, VT—10:00 am–4:00 pm  
• Champion Valley Gymnastics  
• 21 Barrett Dr.  
• So. Burlington, VT 05403  
• Course Dir.: Windsor Elmore  
(802) 842-4714

#### Thursday, August 5

• Woodland, PA—5:30 pm–8:30 pm  
• Woodland of Gymnastics Camp  
• P.O. Box 10  
• Woodland, PA 16802  
• Course Dir.: Michael Stencel/  
• Dave Robinson  
• Phone: (717) 337-5060

• This course will be held in conjunction with the USA Gymnastics Summer Graceland Workshop.

#### Sunday, August 15

• Williams, FL—12:00 noon–4:00 pm  
• Central School of Gymnastics  
• Williams, FL  
• Course Dir.: D.J. Wilson  
(704) 647-5944  
• Local Contact: Tami Reed  
(352) 672-6947  
• This course will be held in conjunction with the women's state elite.

#### Thursday, August 19

• Gales, MI—1:30 pm–5:00 pm  
• Lake Orion Camp  
• Rt. 60, Box 80  
• Gales, MI 48821  
• Course Dir.: Steve Whitehead/  
• Steve Merikangas  
• Phone: (313) 232-3020  
• This course will be held in conjunction with the USA Gymnastics Summer Graceland Workshop.

#### Friday, August 27

• Salt Lake City, UT—8:00 am–1:00 pm  
• Call USAG for further details.  
• This course will be held in conjunction with the U.S. Championships.

#### Thursday, September 9

• Atlanta, GA—5:00 pm–9:00 pm  
• Atlanta Movement Workshop  
• 245 Peachtree Center Ave.  
• Atlanta, GA 30308  
• Call USAG for further details.  
• This course will be held in conjunction with the USAG National Congress.

#### Sunday, September 12

• Atlanta, GA—10:00 am–2:00 pm  
• Atlanta Movement Workshop  
• 245 Peachtree Center Ave.  
• Atlanta, GA 30308  
• Call USAG for further details.  
• This course will be held in conjunction with the USAG National Congress.

#### Sunday, September 19

• New York City, NY—11:00 am–3:00 pm  
• Nathan Gymnastics  
• 20 Cooper Square  
• New York City, NY 10003  
• Course Dir.: Loren Marks  
(202) 924-7644  
• Raleigh, NC—10:00 am–1:00 pm  
• North Raleigh Gymnastics  
• 7221 Healy Circle  
• Raleigh, NC 27612  
• Course Dir.: Don Davis  
(919) 790-4480  
• Local Contact: Jean Davis

#### Friday, September 24

• Tucson, AZ—5:00 pm–9:00 pm  
• International YMCA Event Center  
• Tucson, AZ  
• Course Dir.: Leigh-Ann  
(281) 434-1262

#### Sunday, October 3

• Birmingham, AL—10:00 am–4:00 pm  
• Gymnastics Unlimited  
• 80 E. Elm St.  
• Birmingham, AL 35202  
• Course Dir.: Cathy Lewis  
(205) 584-1938

1. The test book for the Certification course is the USA GYMNASSTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.

2. The course will take approximately six hours, including the test.

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For groups of at least 5, contact USA Gymnastics Department of Safety and Education (312) 337-6099.

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(continued from page 74)

Sergei Charkov earned second all-around with a 56.374.

Charkov said, "I thought my performance could have been better but I'm pleased since I got back up on the podium after five years off and five operations."

Charkov explained that he has had four leg surgeries and one personal muscle surgery. Although one couldn't tell he had been away from the gym—especially since he won the silver medal and is the number two ranked gymnast in the world.

During the 1992 Olympic Games the United Team dominated the all-around, however, the story changed slightly at the 1993 World Championships.

Germany's Andreas

"The doctor treated me with anesthetic and then we had a general warm-up so I could decide if I could do it (compete). I was in a lot of pain, but I gave it my best."

The most exciting news from the competition for U.S. fans was the performance by Scott Kewick. This 23-year-old had a not-so-good preliminary round, but made the all-around competition in 23rd place. He was an underdog during the all-around finals and went out and hit six-for-six solid routines to finish ninth all-around, only the second non-Soviet Union gymnast to finish in the top nine places.

"It was a great way to finish the competition," said Kewick. "My goal was to place in the top 15, so I made my goal."

Kewick started on his two weakest events, floor and pommel horse. He scored an 8.95 and 9.0, respectively, placing him in 18th place after round two. On rings, he nailed his routine stacking his double twisting double back dismount for a score of 9.325, which pulled him up to 12th all-around. He

went back to using a layout Korobchenko on vault and scored 8.925. Once again, pommel horse hit a clean set, stuck his dismount and scored 9.225 for 16th place. High bar was the highlight of the evening for Kewick. He caught a Soviet, Genger and stuck a double back flyaway

Right: **OH So Fun**, from People's Republic of Korea, took the gold on pommel horse during event finals.

OH So Fun, from the Republic of Korea

for a score of 9.45—the highest score of the entire competition on this event. Kewick had moved all the way from 23rd to ninth all-around with a score of 34.675.

When asked the difference between preliminary and finals he said, "Concentration. I lost concentration during preliminaries and tonight I was very determined to hit all of my routines."

If the Soviet Union was still one team and could compete only two athletes, Kewick would have placed fourth all-around—an outstanding feat for the U.S. men.

Iran's fighters finished fourth all-around, beating out Dmitri Karbowenko who fell on his last event, rings. Karbowenko was in a solid second place after round five, until he scored an 8.875 on rings.

Leukin started in ninth place after one round and moved up to third all-around after round five. Floor exercise was Leukin's last event and he finished his hands-on triple back salto, scoring only an 8.925 and moving him into a tie for ninth all-around with Valeri Belenky (8.925).

Belenky had a consistent competition with the exception of high bar. In round five Belenky had problems with high bar and scored 8.75, not enough to keep him in medal contention.

Korobchenko finished eighth all-around. He, too, had problems on one event, vault, and moved an 8.875 for his front handspring double front.

## Event Finals

Ned Thomas, the local hero from Great Britain, was the talk of the finals competition. The common question among spectators, "Do you think Ned will medal on floor?" Thomas was hot up on his last event and all eyes were glued to floor exercise. He mounted with a double layout, flip flop, back tuck. His signature skill, front handspring double twisting front somersault, was supposed to come next, however, he didn't use it. Instead, he used a front handspring front layout to front layout full and dismounted with a full twisting double back. He scored 9.35 and hoped that this score would be good enough for a medal.

Thomas and his coach decided to leave out the difficult front pass in order to stay clean.

The athletes continued to compete and it wasn't until Vitaly Scherbo had completed his routine that the audience and Thomas got nervous. Scherbo mounted with a double twisting double layout. Second pass was a double twisting front salto and he dismounted with a double layout in front for a score of 9.45—which tied Thomas' score.

Gilgou Mawer, the '92 Olympic silver medalist on this event was the last to compete and outscored Thomas and Scherbo with a 9.60, making him the floor champion and putting Thomas and Scherbo in a tie for the silver medal. He

Left: **Lenka Reginova** was usually best on floor out of all routines, but fell twice on pommel horse.

Wicker spotted a possible dismount and grabbed a medal, too. Wicker scored 55.45 for the bronze medal and a dream come true.

"I'm pleased I could get in touch of the Soviets, that's been my aim for a long time," Wicker explained.

Wicker also informed the press that he had injured himself the morning of competition while training high bar and he wasn't certain, until right before the competition, that he would be able to compete.



mounted with a double layout full out, used a front series ending with a front full for his second pass, and dismounted with a double layout.

Thomas is the first British gymnast in modern day competitions to win a medal. This was a wonderful occurrence for the host country!

Personal home was no contest. The People's Republic of Korea's Gal Du Pan, 23, ran away with the gold, scoring 9.750 to Andreas Wecker's 9.625 and Hungary's Karolyi Schupkeg's 9.40.

When asked what made him so outstanding on this event, Gal Du Pan answered, "I never thought I was that good on this event. There is so much more to do in the future in personal home."

Chris Wecker is one of the top athletes in the world on pommel horse which is evident by his qualifying to finals in both the 1992 Olympic Games and the 1993 World Championships. Unfortunately, he had a fall and scored 8.650, which put him in sixth place.

Italy's Yuri Chuska, 23, won rings with a 9.625. Chuska said afterwards that the reason he did so well on rings was due to his achilles injury before the 1993 Olympic Games. "I could only train upper body and, since rings uses upper body strength, this is the event I am excelling in now," said Chuska. He added, "For five to six months after my injury, I didn't work-out and I didn't know if I would continue in

the sport. I'm glad I decided to continue."

Wecker earned the silver medal with a 9.535 and Belarus' Ivan Ivankov won the bronze with 9.30.

Scott Kowick qualified for rings finals and hit a solid routine, which scored 9.30, for seventh place. Kowick also qualified for rings finals at the 1991 World Championships, a strong indication that he's one of the top ring competitors in the world.

Scherbo scored 9.612 to win the gold on vault with his Yurchenko double full and Yurchenko full-on-half-off vaults. Taipei's Chang Feng Chih won the silver medal (9.487) and Korea's You Ok Youl won the bronze.

The pommel horse champion title went to Scherbo with a score of 9.60 followed by Ukraine's Igor Korolchensky with a 9.525 and Valeri Belenky with 9.475.

Kowick was the number one ranked athlete on high bar and he was up first. He performed like a true champion and had a medal nearly in the bag until his triple back dismount. He had too much power, overrotated, and scored 8.90.

The high bar gold was awarded to Russia's Sergei Chirkov with a 9.45, while Romania's Marian Chiriac took the silver (9.375) and Hungary's Zoltan Supola the bronze (9.350).



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